YOUTH IN ART

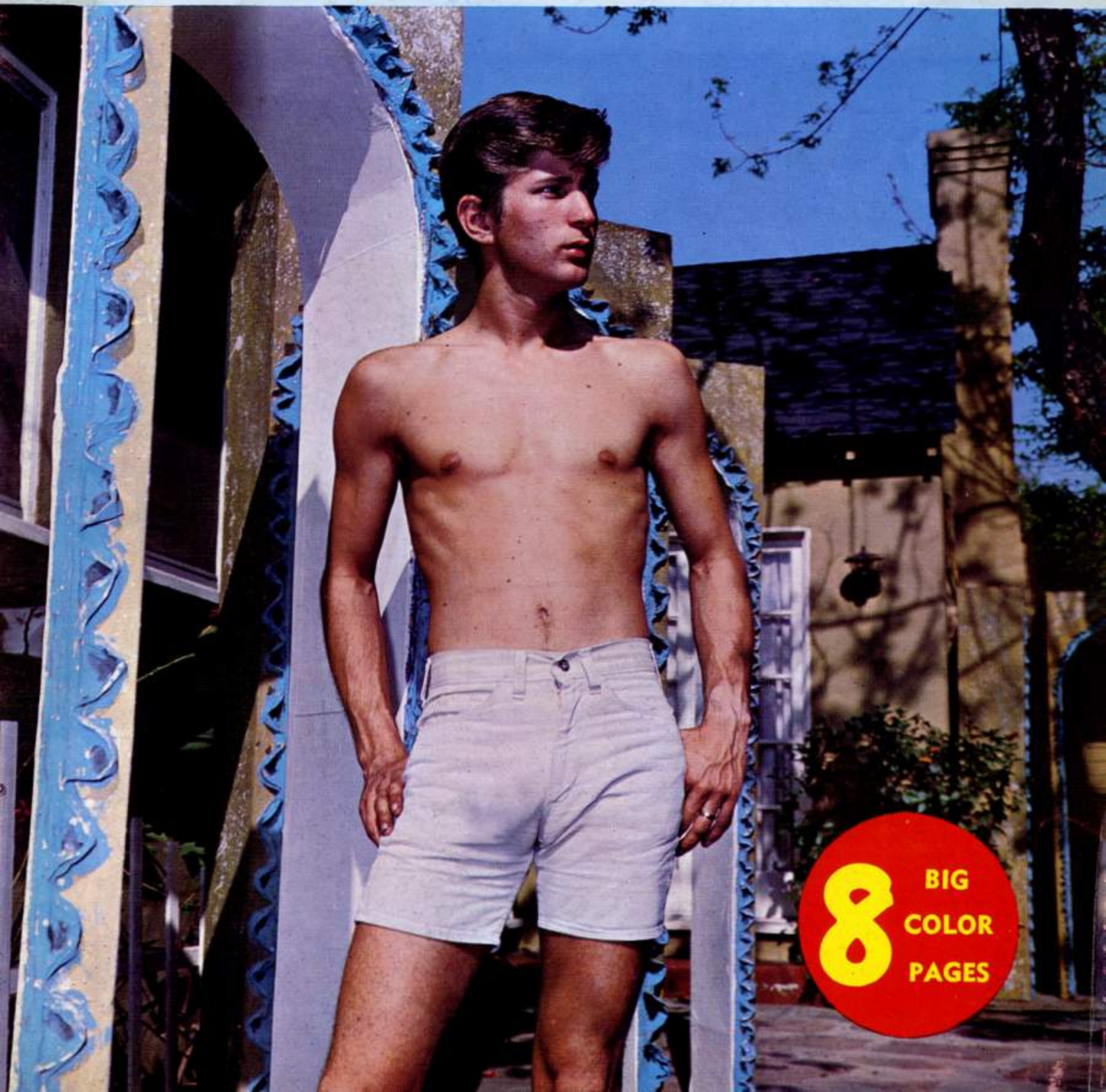
NO. 5

MEL ROBERTS

BOYS

ACME

$1.50



MEL ROBERTS BOYS

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COVER: RICH THOMSON
(see page 9)

OPPOSITE: TERRY SULLIVAN and KEN HUSKI

YOUTH IN ART NO. 5 WINTER 1967 MEL ROBERTS BOYS

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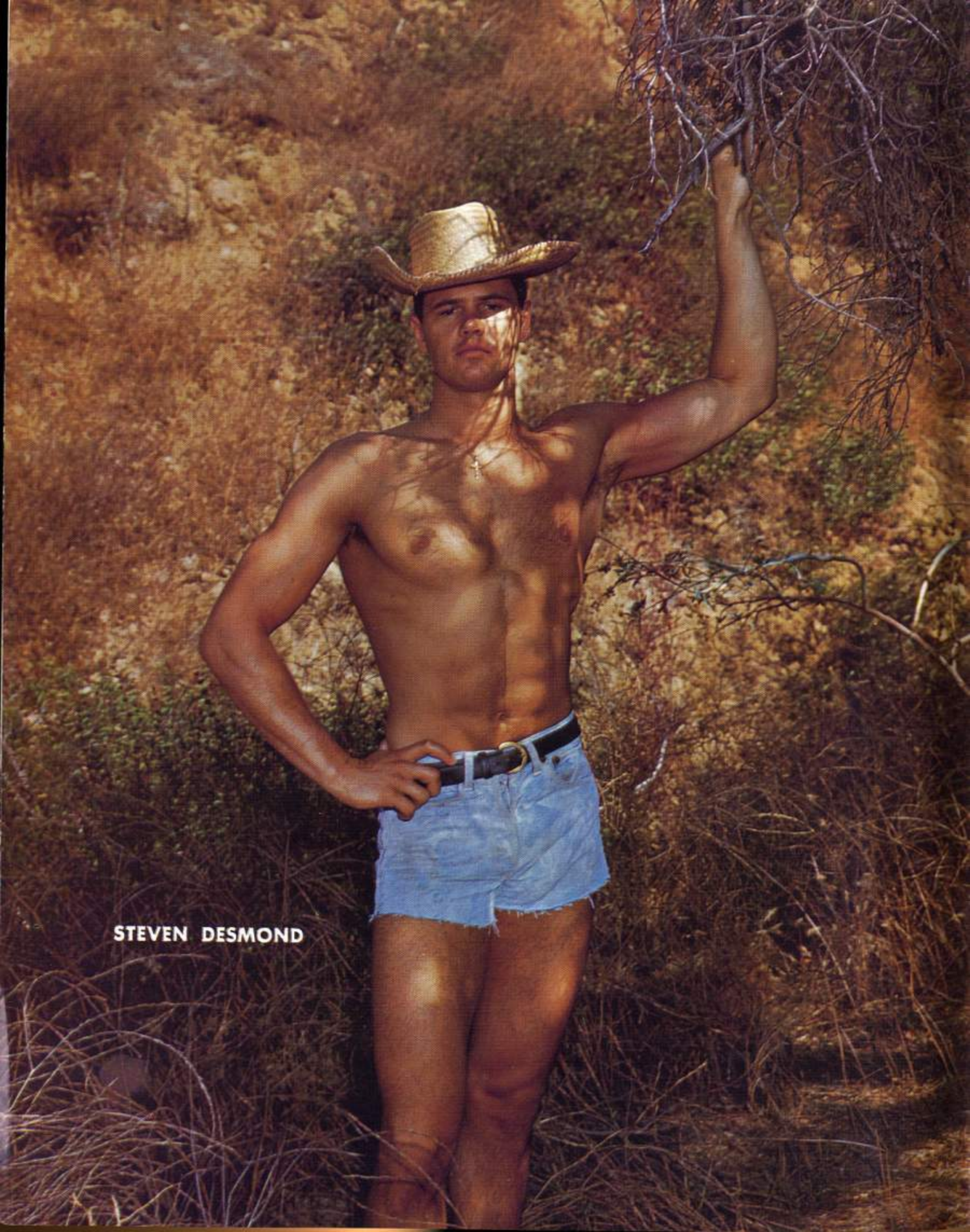
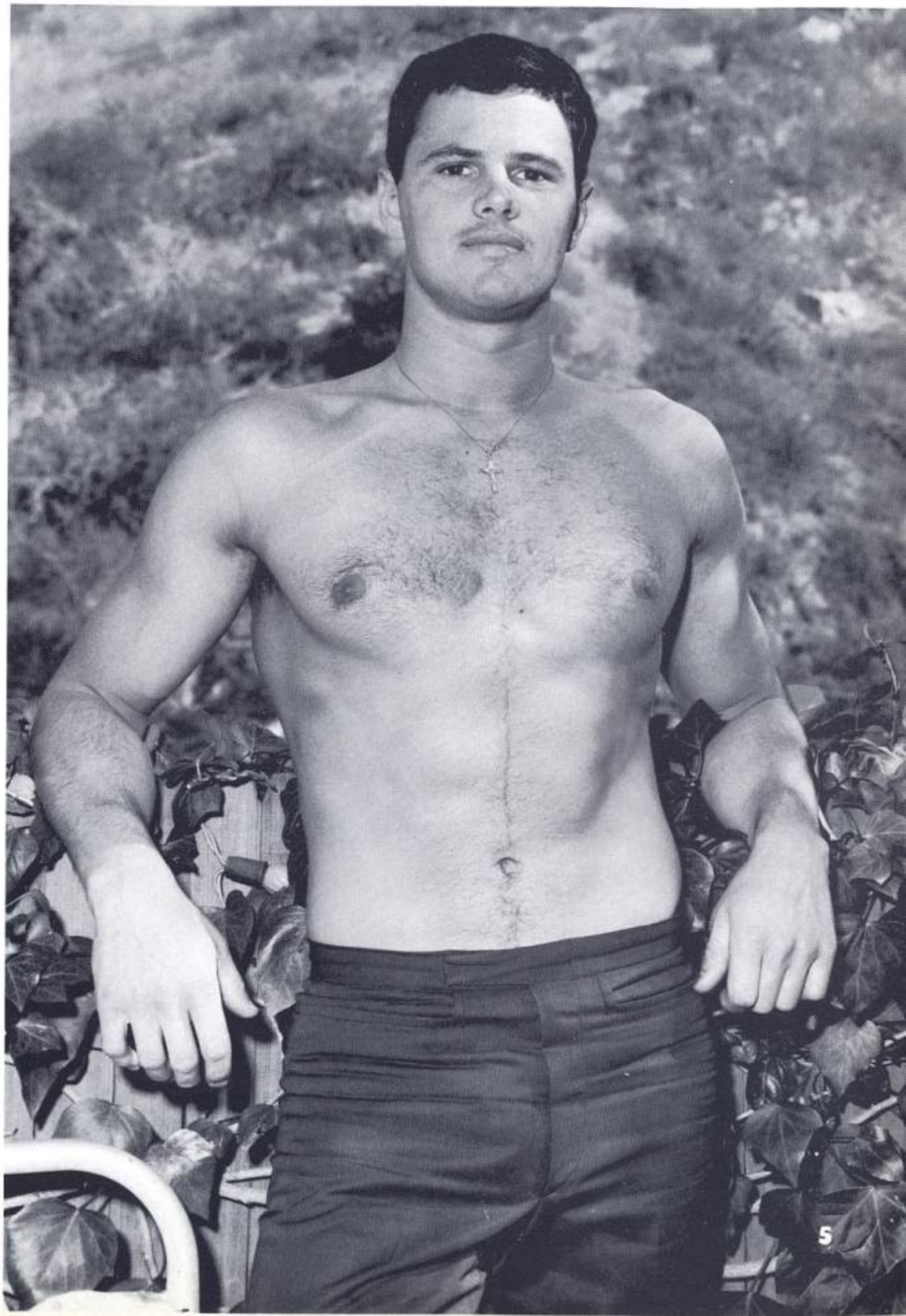
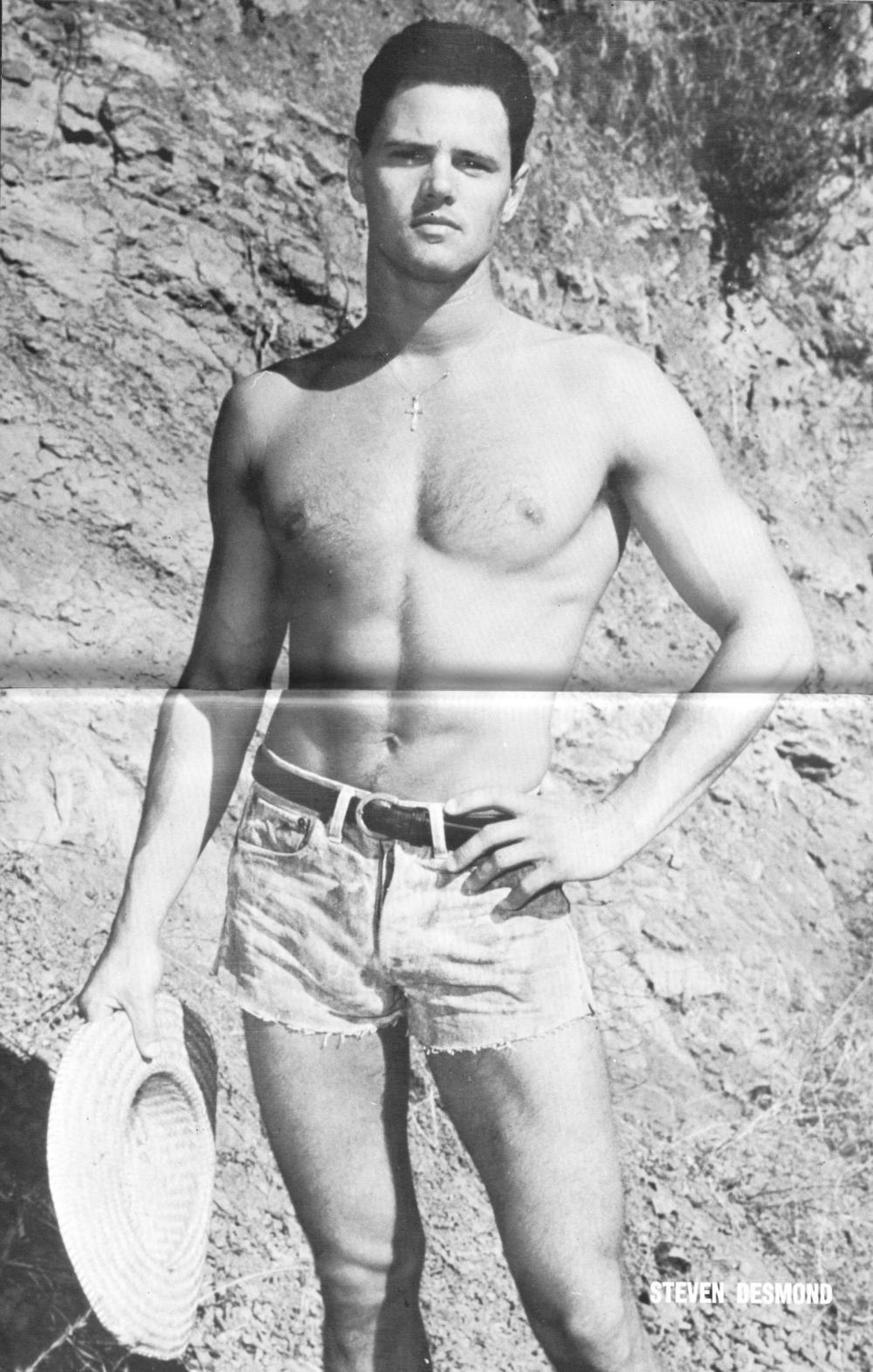

STEVEN DESMOND

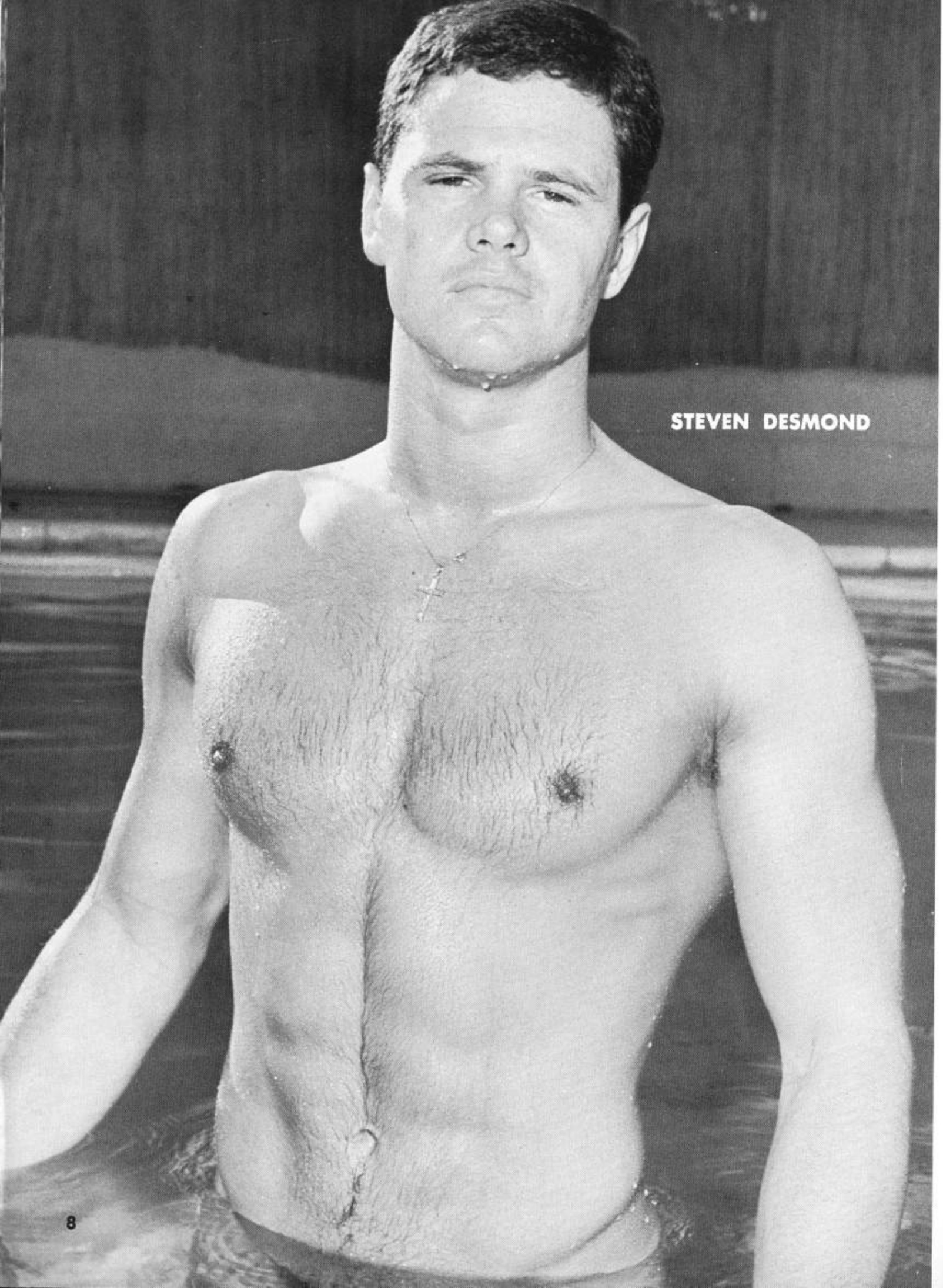
RUGGED TERRAIN



STEVEN DESMOND

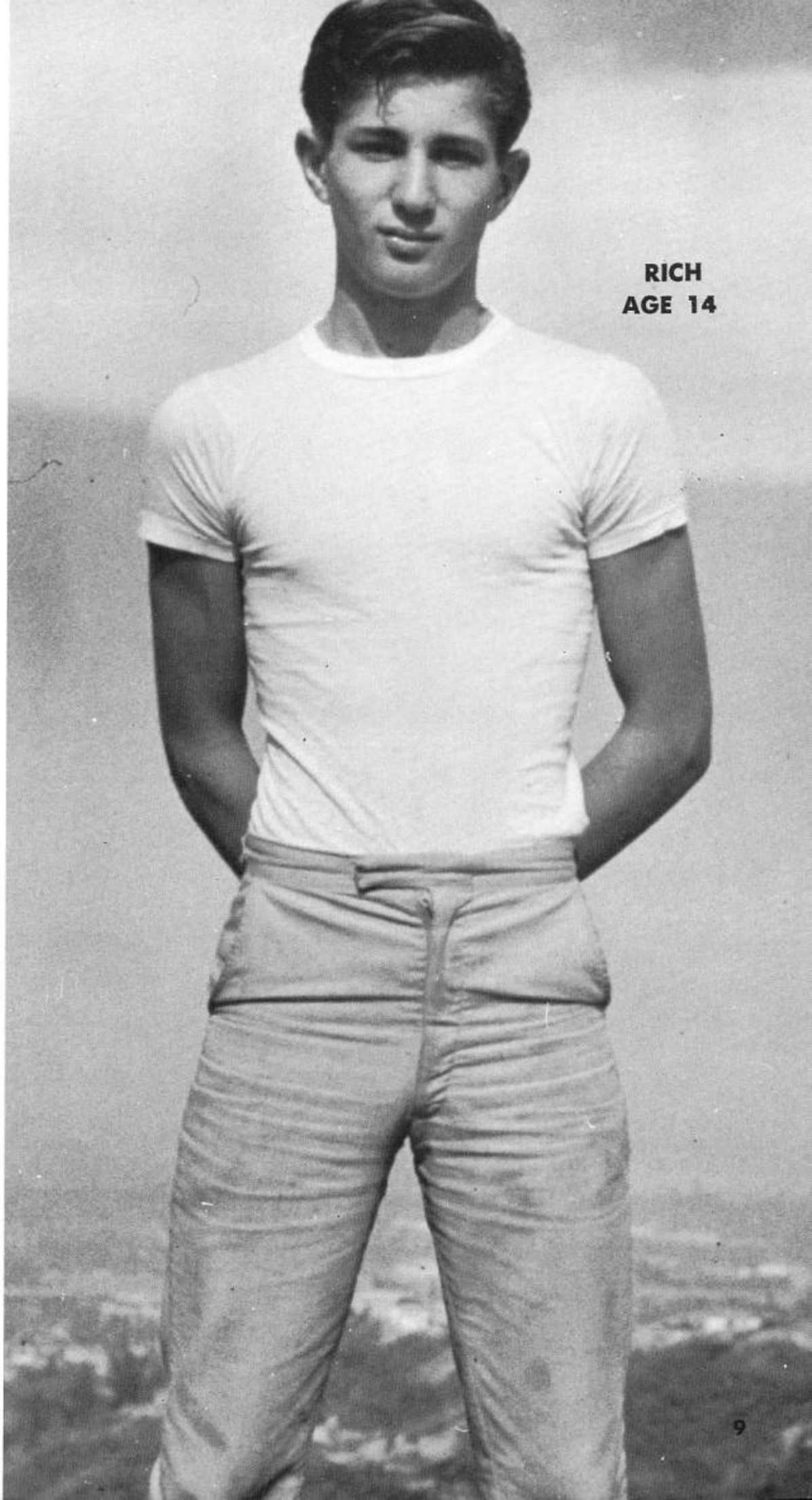
From the rugged land of our 49th State comes a lad who is as robust as the land he represents — Steven Desmond. Hailing from Alaska, Steven acquired his fine physique while working as a lumber jack in the Pacific Northwest After moving to Fairbanks, he worked as a gym instructor where he continued to develop his near - perfect build thorugh exercise and diet control. A few days after migrating to Southern California, he was photographed by Mel Roberts at the peak of his physical achievement. Twenty-three year old Steven stands 6'2" and weighs 170 pounds.


STEVEN DESMOND

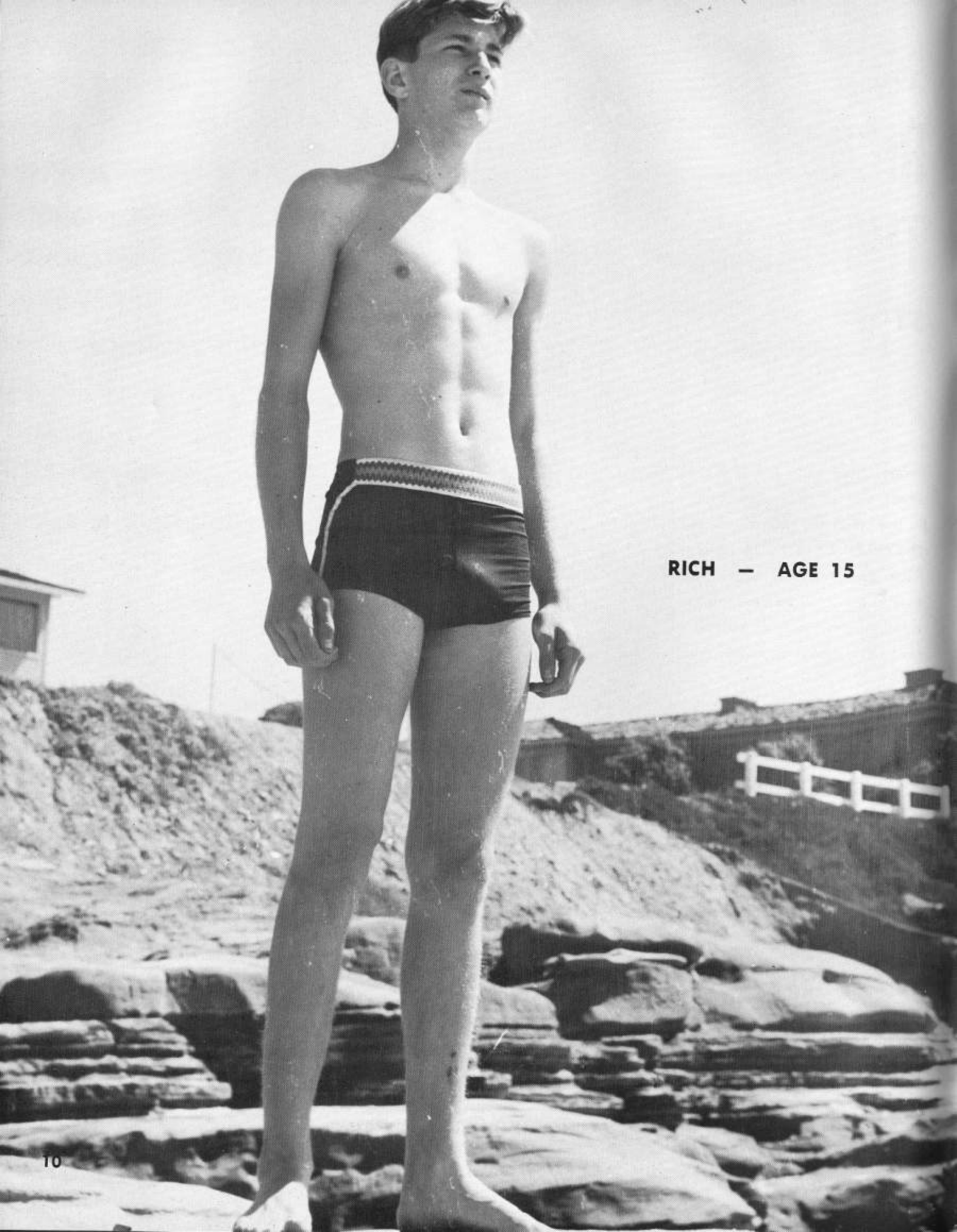

STEVEN DESMOND

THE RICH THOMSON STORY

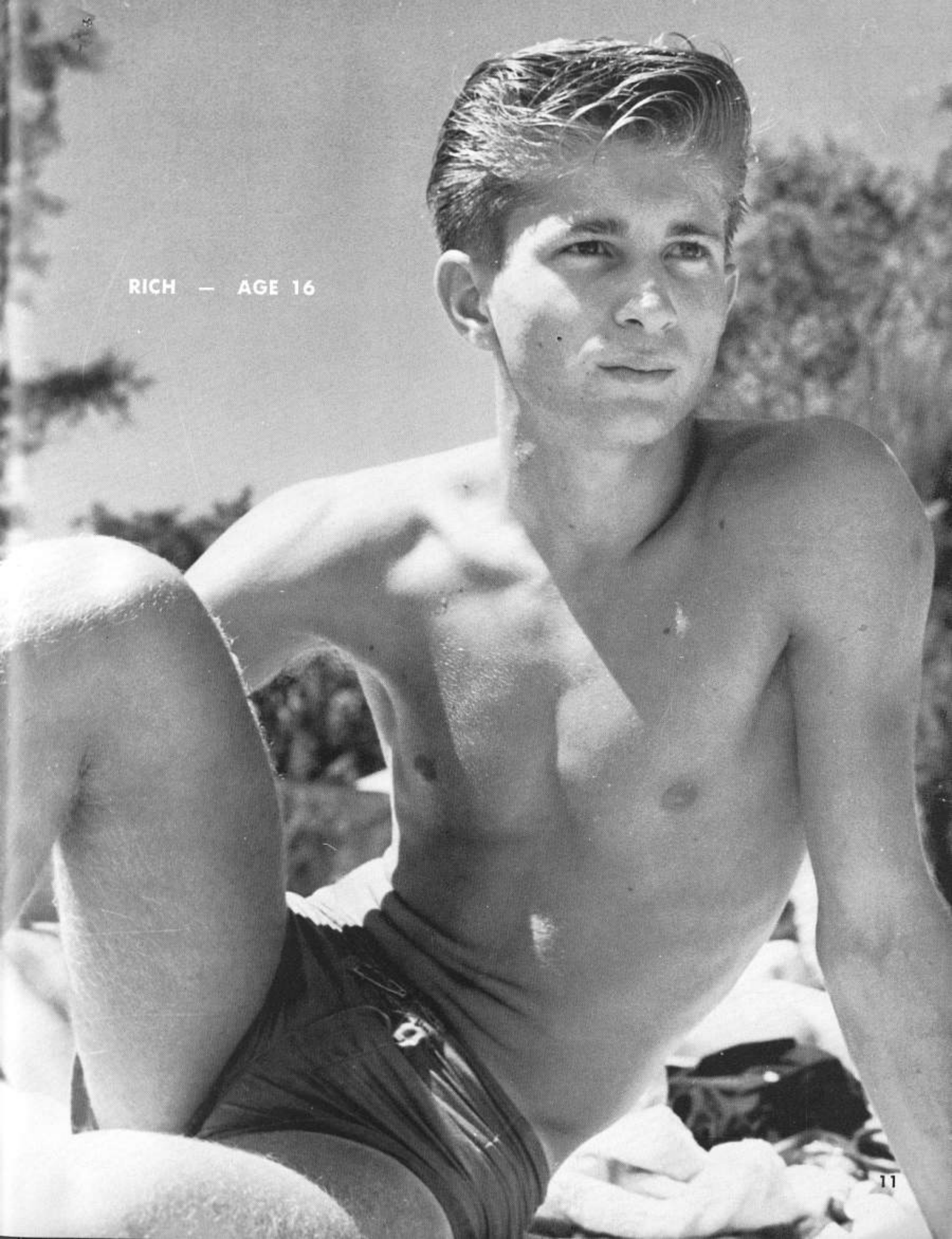
It isn't often that a young man has a photographic record made of his physical development during the most dramatic period of his growth—from the age of 14 to 18. However, Rich Thomson has been before the Mel Roberts camera all during this span of his lifetime, and certainly must represent one of the most photographed of all of Mel's models. Immensely popular, Rich has appeared in most of the physique magazines around the world and has a host of fans and admirers. While in high school, he was active in gymnastics, football, and most other outdoor sports. Now graduated, Rich at eighteen stands 5'11", weighs 150, is interested in sports cars and hunting. His modelling career has recently expanded into the area of clothing, where he will soon be seen in a number of local and national publications wearing the latest in young men's fashions.



RICH
AGE 14

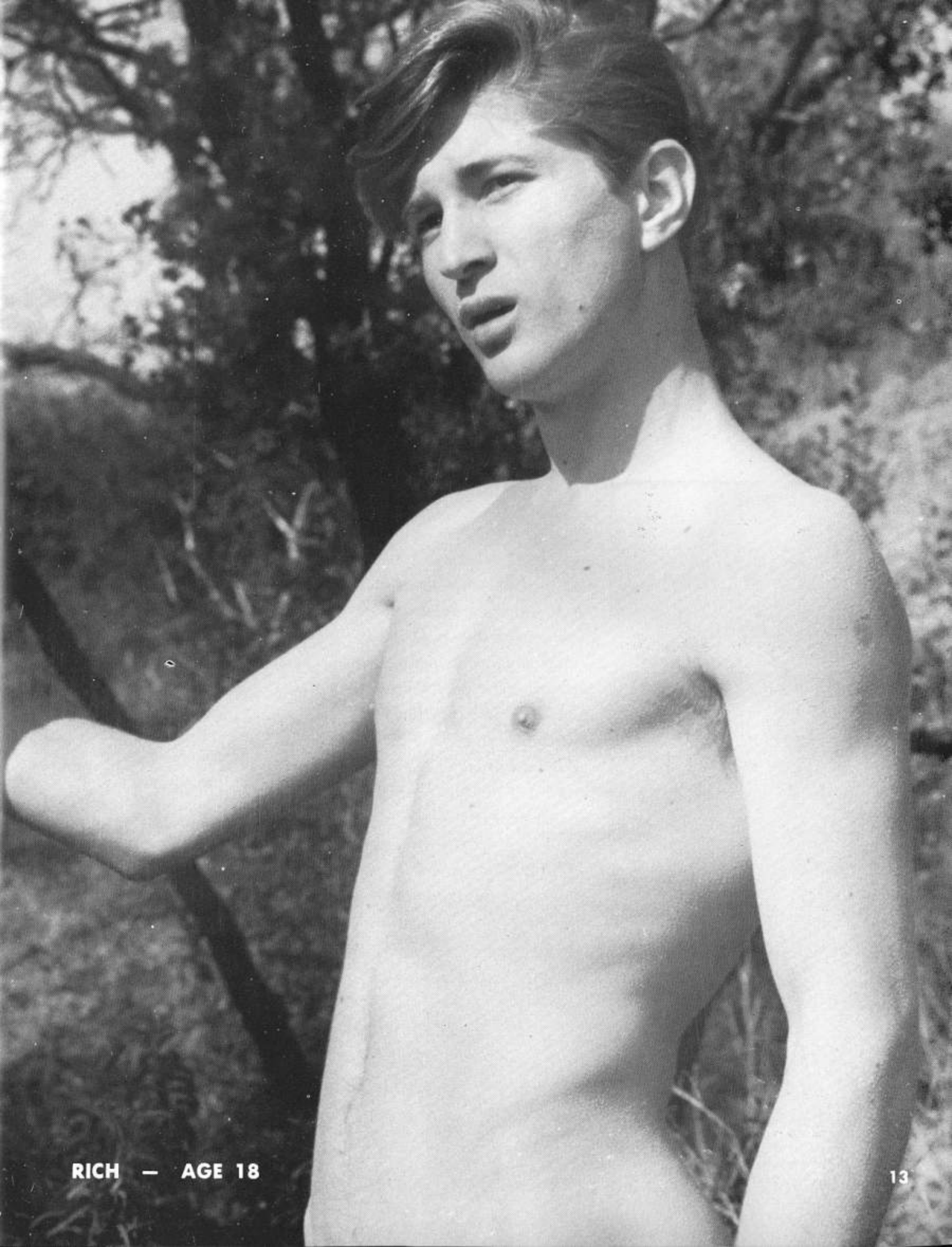


RICH — AGE 15



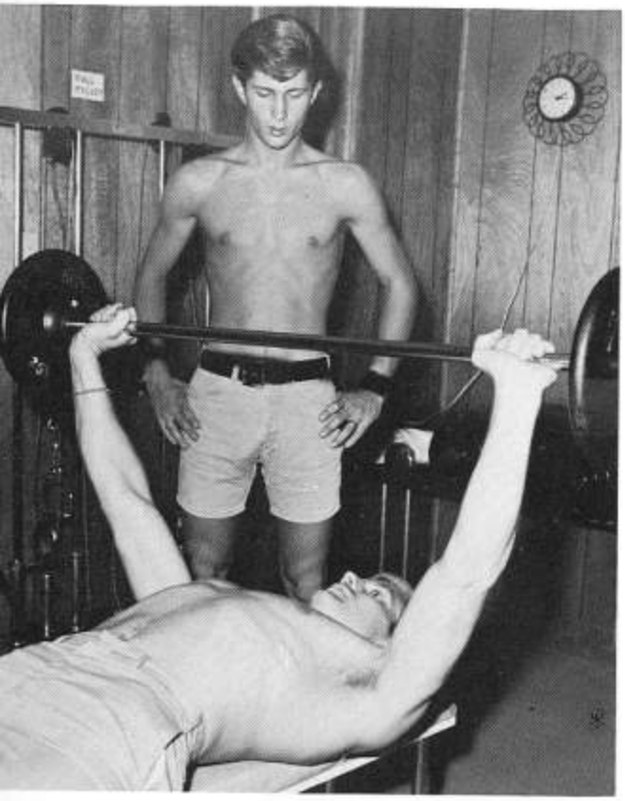
RICH — AGE 16

RICH — AGE 17
with MIKE KELLEY

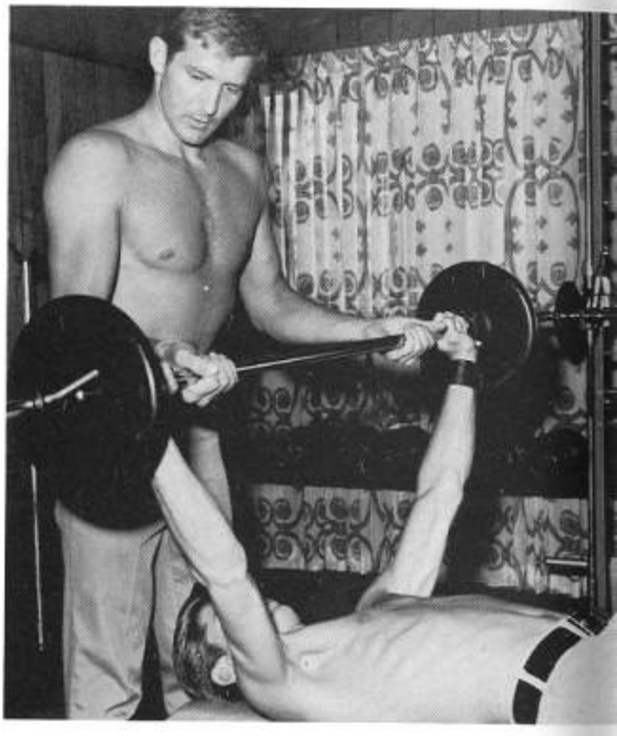


RICH — AGE 18

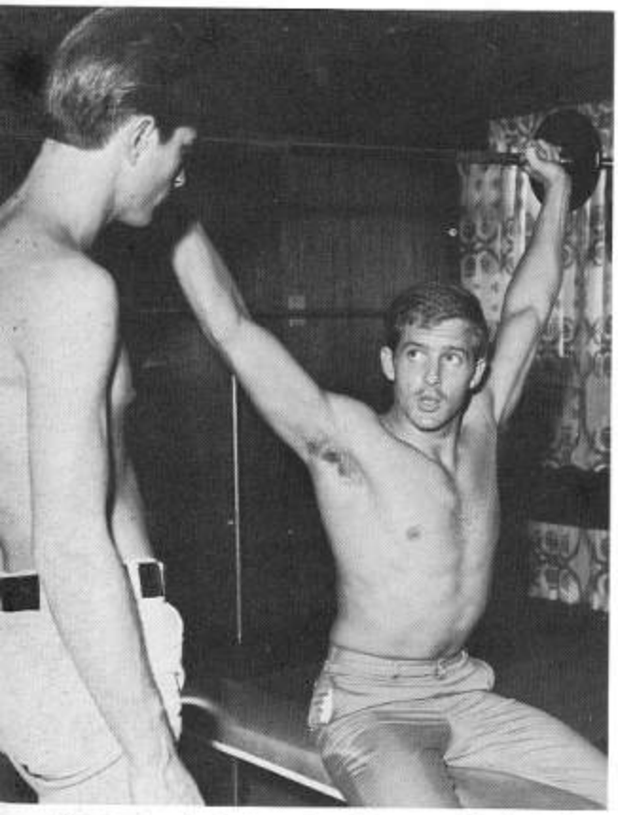
EXERCISING FOR DEFINITION



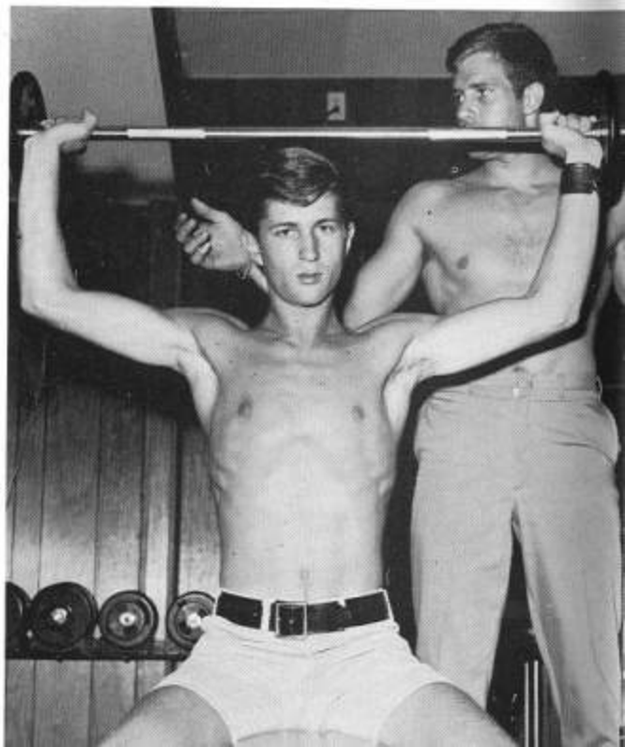
Most everyone who works out does so for one or more reasons. But the ultimate goal of most bodybuilders is to achieve good muscle definition. Pectorals, or chest muscles, lattisimus dorsi, or "lats" for the "V" taper, abdominals or stomach muscles, and leg biceps that contribute to that clean-cut healthy look, whether in or out of clothes. When Rich Thomson visited the Sunset Health Spa in Hollywood for a primary course in working for definition, Instructor Walt Dickson demonstrated the weight-lifhting exercises that help to attain that well - defined look. Following each demonstration, Rich, under Walt's watchful eye, then attempted the same exercise, and ultimately worked out a regular training program for himself.



In the first series of photos, Walt demonstrates the bench press, using 60 - lb. barbells. This is designed to improve the pectoral definition. Following a similar workout by Rich, the instructor then shows a barbell press for lat development. Sitting upright on the bench, the barbell is raised to arm's length above the head, then lowered. Walt emphasized that beginners should not start with excess weights, but should work upward from lesser weights as the body becomes capable.



Photographed at the Sunset Health Spa in Hollywood



Still another exercise for lat definition is the machine found in most gyms for this purpose. In the photo, at top left, Rich is seen pulling 100 lbs. while Walt looks on.

The Squat, illustrated top right, is an excellent exercise for developing the leg muscles, particularly the thighs, and is a basic "must" in any exercise program.

The use of dumbell raises from an incline board will aid in bicep development, as well as the entire arm.

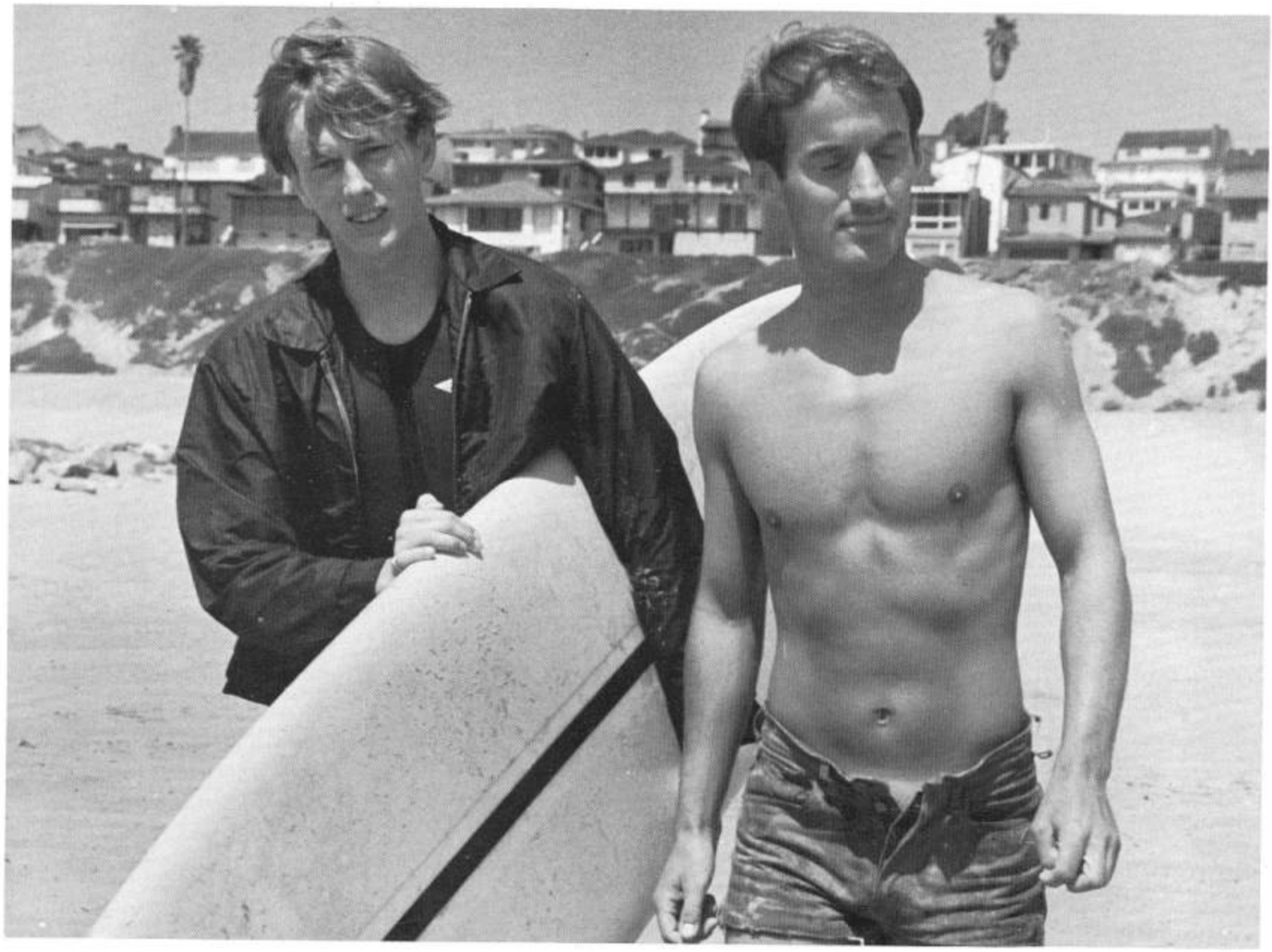
Finally, simple sit-ups, illustrated below, will trim the waist and develop the abdominal muscles. These can be done from a flat surface, or for more stress, from an inclined board. The incline of the board may be increased as the body adjusts and muscles become stronger.

In all exercises, the instructor recommends that two sets of each exercise, with ten repetitions for each set, be done at each workout session. "And," says Walt, "greatest results will be achieved with two to three sessions each week, with one day of rest between workouts."

Rich Thomson and Walt Dickson are both exclusive Mel Roberts models. Photo series, color slides, and catalogs are available on both.

HOW (NOT) TO SURF . . . .

After much persuasion, Mel Roberts models Cris Case and Bruce Sompton agreed to demonstrate a Beginner's Guide to Surfing for the cameras. While both are excellent swimmers and body surfers, neither has been on a surfboard before. Bright and early one California morning, after studying the manuals and instruction books, two models and a cameraman headed for one of the beginner's surfing beaches, not knowing quite what to expect.

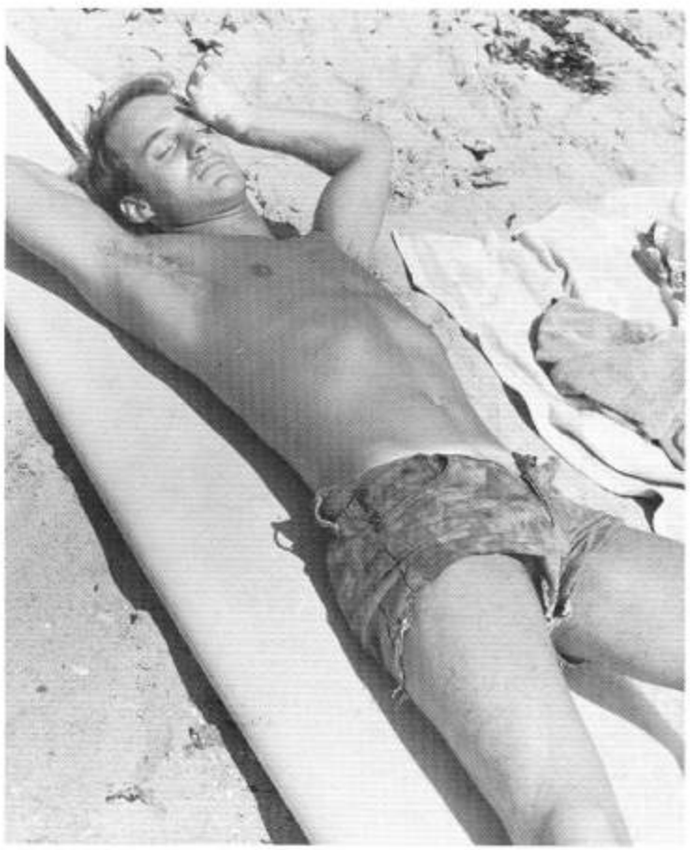


Arriving at the beach with borrowed surfboard, Chris insisted on wearing a wet-suit to protect himself from long exposure to the chilly waters, while Bruce felt he wanted to acquire a suntan, and wore cut-offs.

The ocean swell appeared small — perhaps 1½ to 2 feet, as Chris placed the board in the water. He noted the water temp at 60°, and was glad he wore a wet-suit.

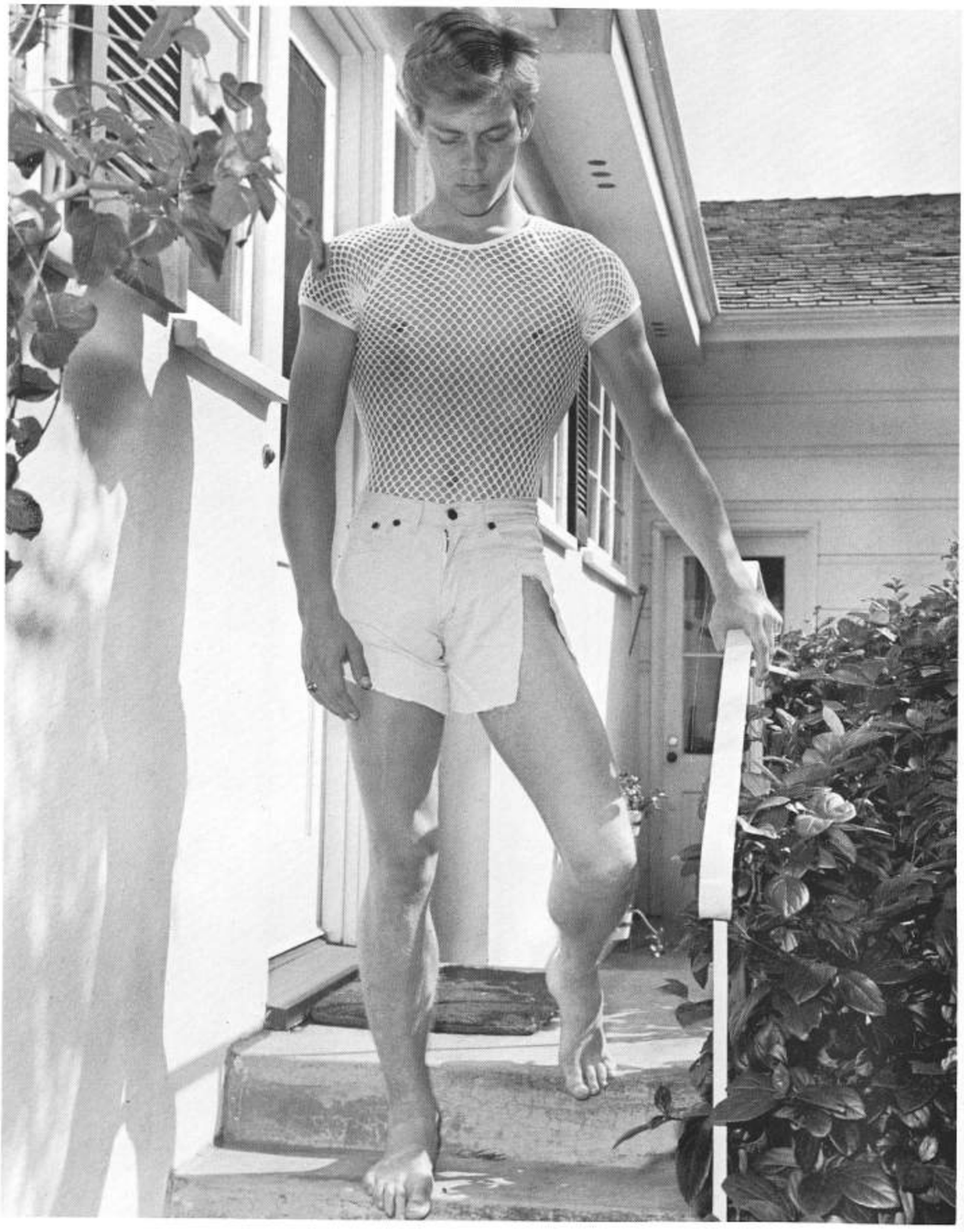
Paddling out to the breaking surf, Chris tried to remember what the instruction book said about catching the waves and gathering momentum to stand up, as he sat on his board and waited.

When the wave did break, Chris just couldn't stand up, no matter how hard he tried. So, laying stomach down, he rode again and again to the shore. It sounded easy in the manual.



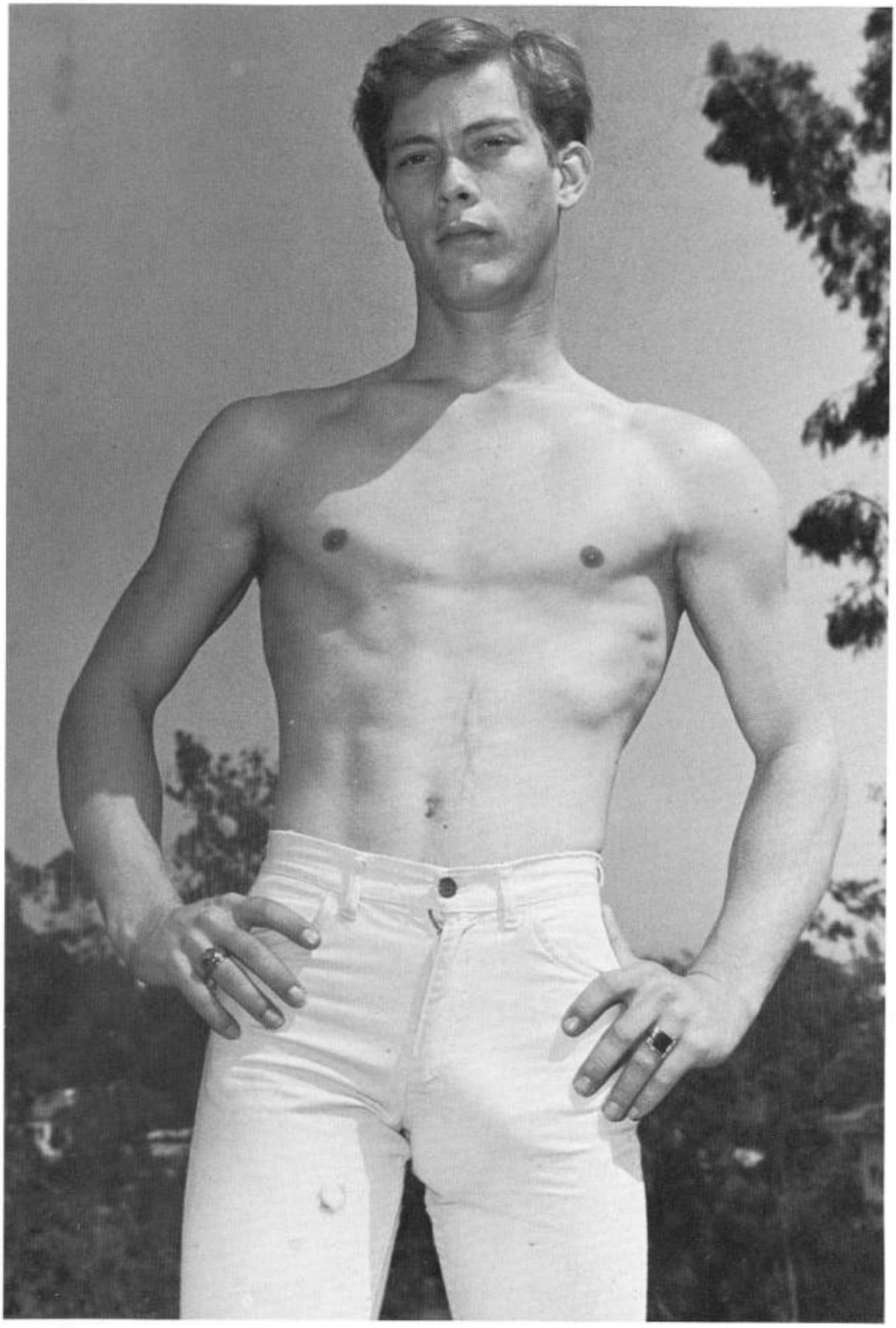
Observing Chris from shore, Bruce decided that surfing just wasn't for him. But sun bathing — that was another matter, and he soon dozed in the warm sun.

NEW FACES



JIM LEWIS

PRESENTING ON THESE AND THE FOLLOWING 5 PAGES



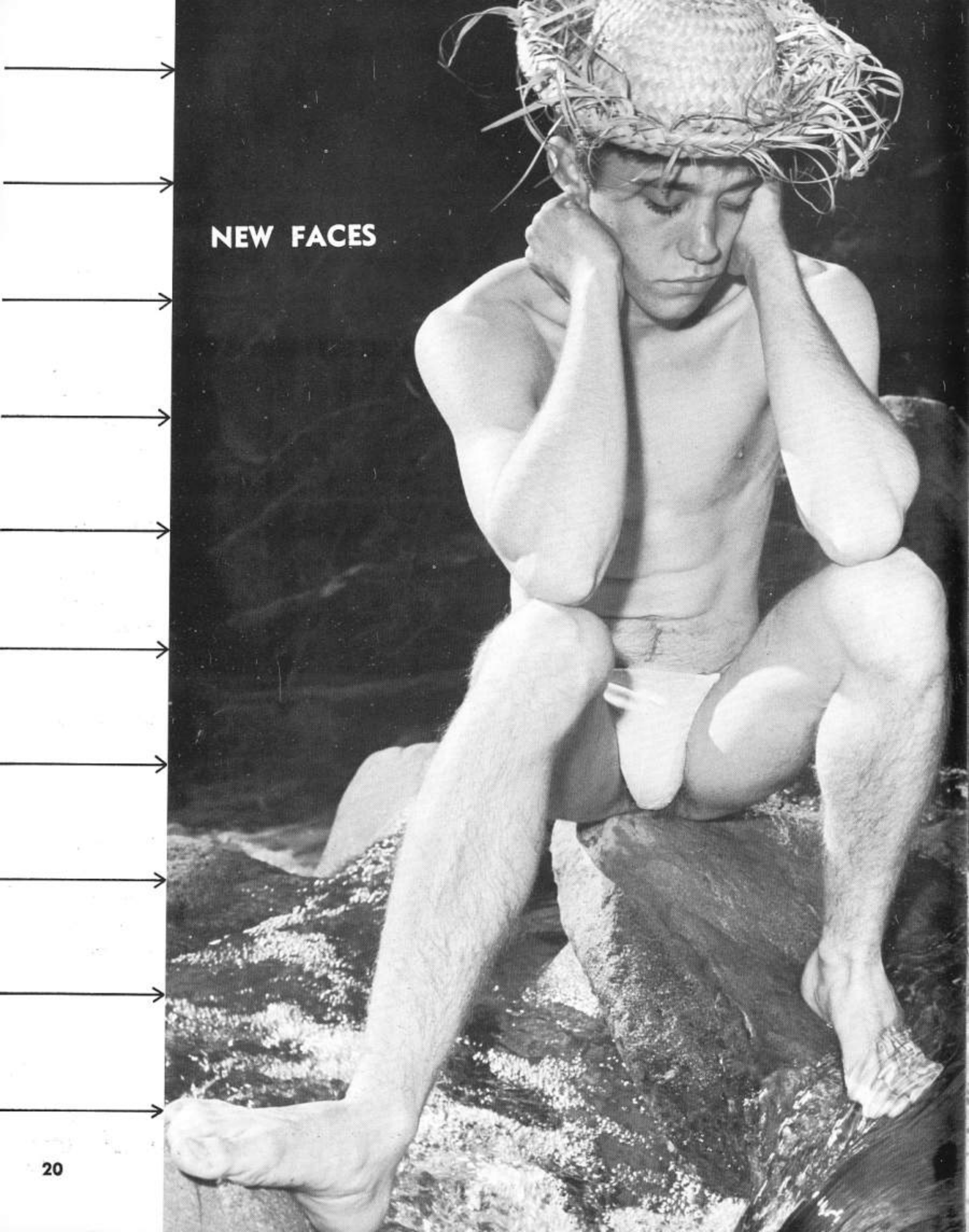
The growth of a studio is dependent upon the constant introduction of new models. Here is a brief survey of the latest young men to appear before the Mel Roberts camera.

Twenty - year old, blond six - footer **Jim Lewis** is seen here in scenes from his photo and slide series. The younger set is represented by **Sonny Adams** on pages 20 and 21. Sonny is brother to one of the other models seen in these pages, Dusty Adams, and checks in at age 16.

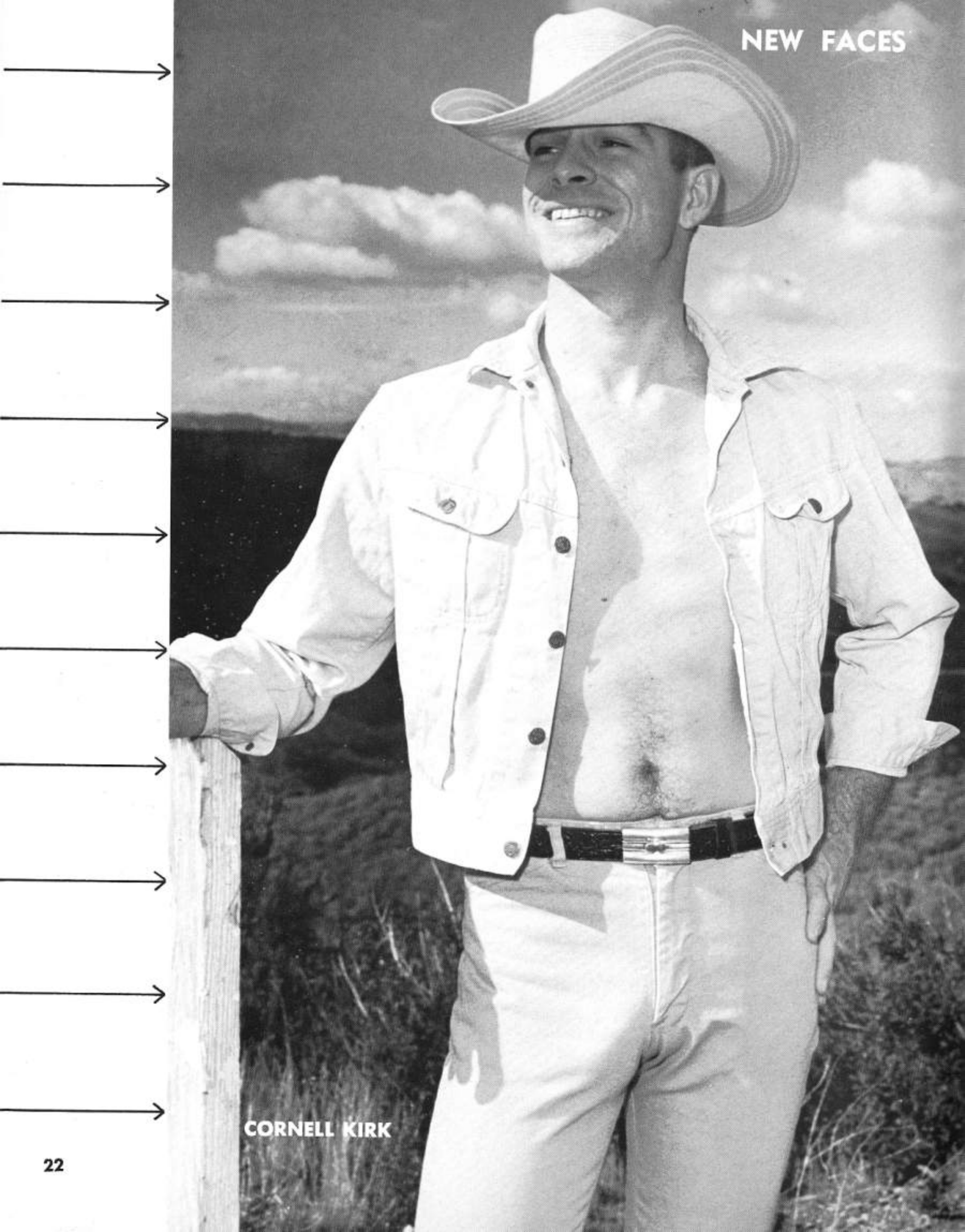
On pages 22 and 23, the warm, friendly face of Cornell Kirk, rugged 6'2-incher from Oklahoma beams out at you.

Finally, lithe and slender 20 year old Chris Chase, who can also be seen, in the Surfer Story in this issue, completes this introduction.

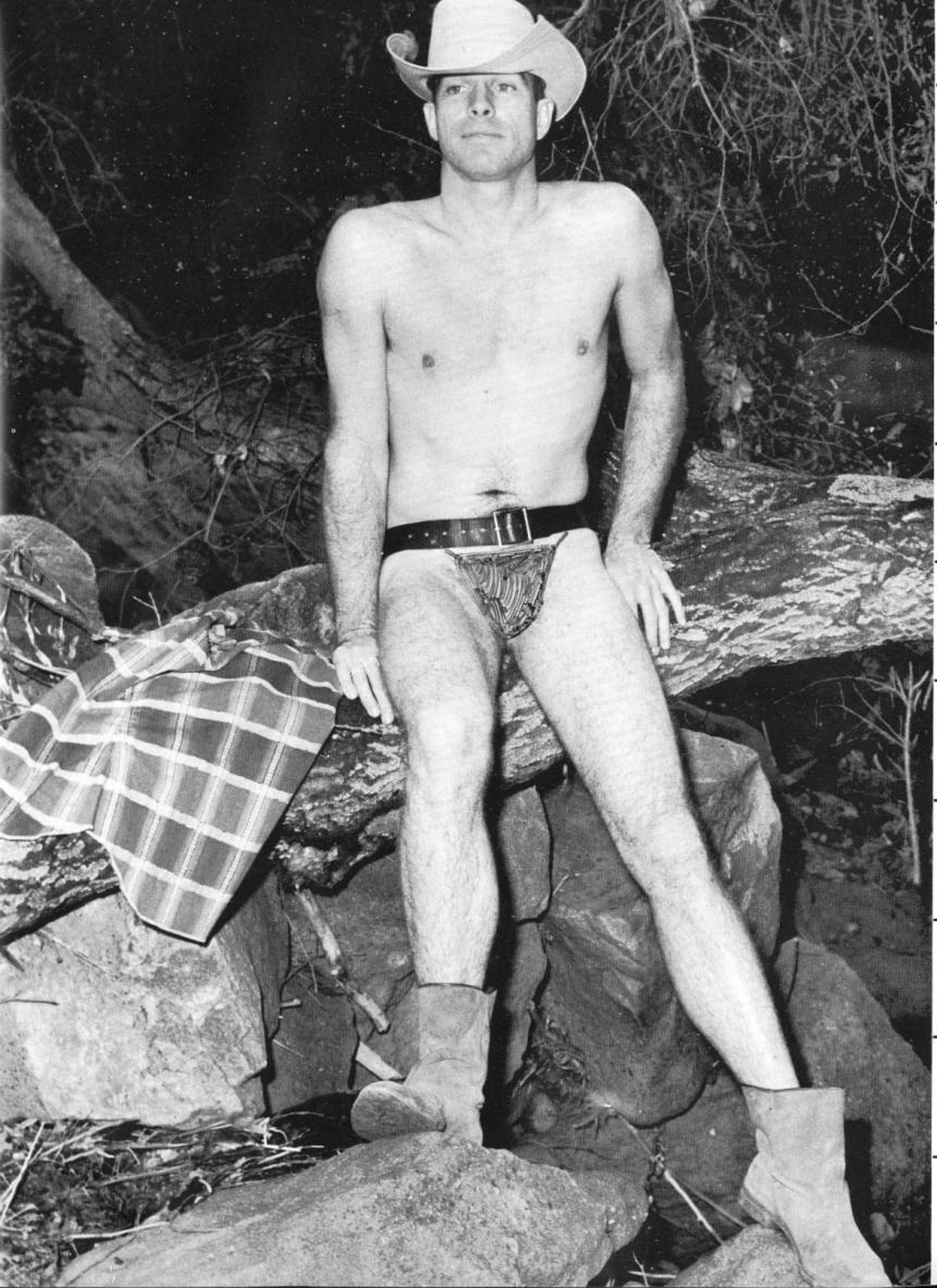
THE LATEST ADDITIONS TO THE MEL ROBERTS CATALOG

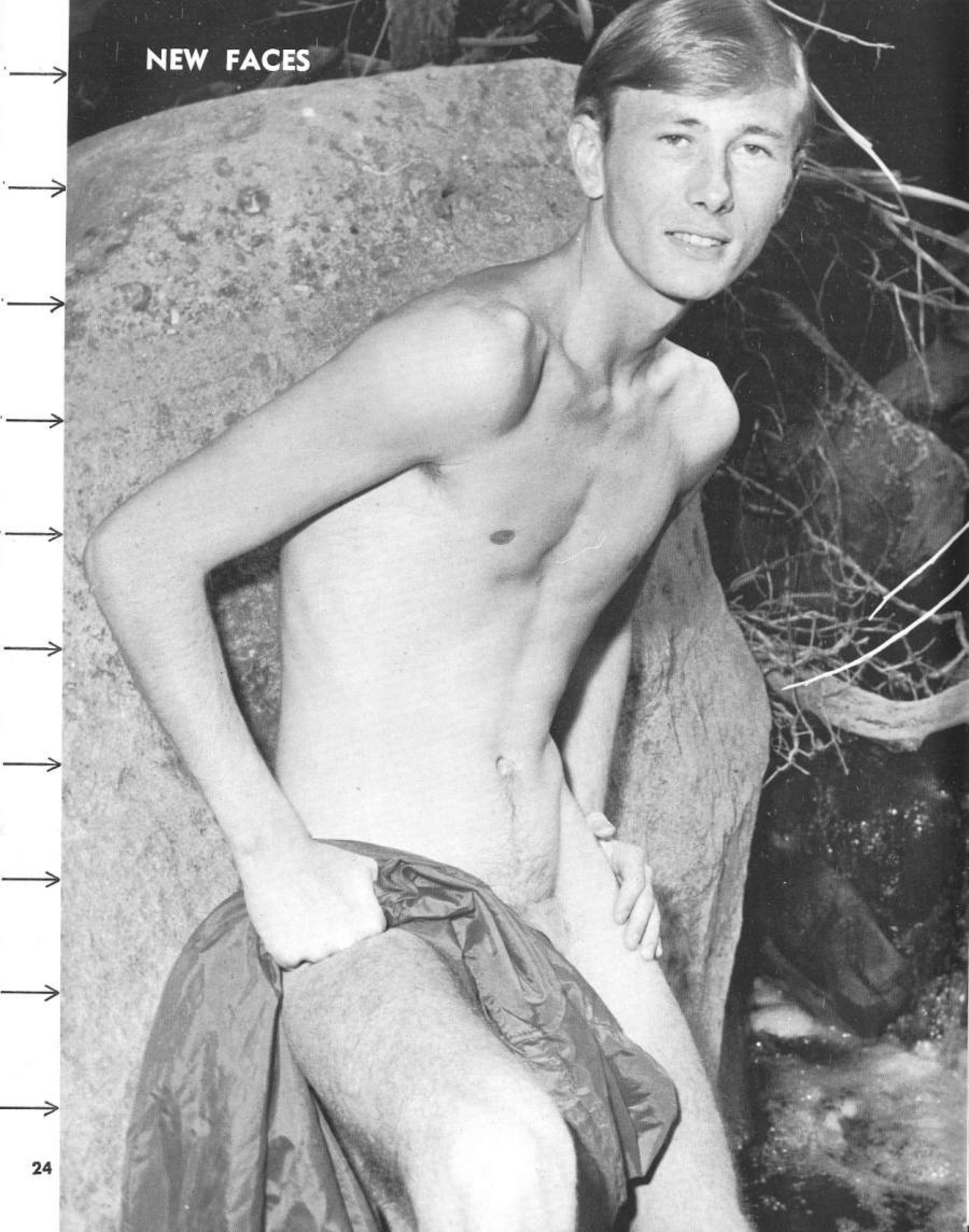

NEW FACES

SONNY ADAMS



CORNELL KIRK




NEW FACES

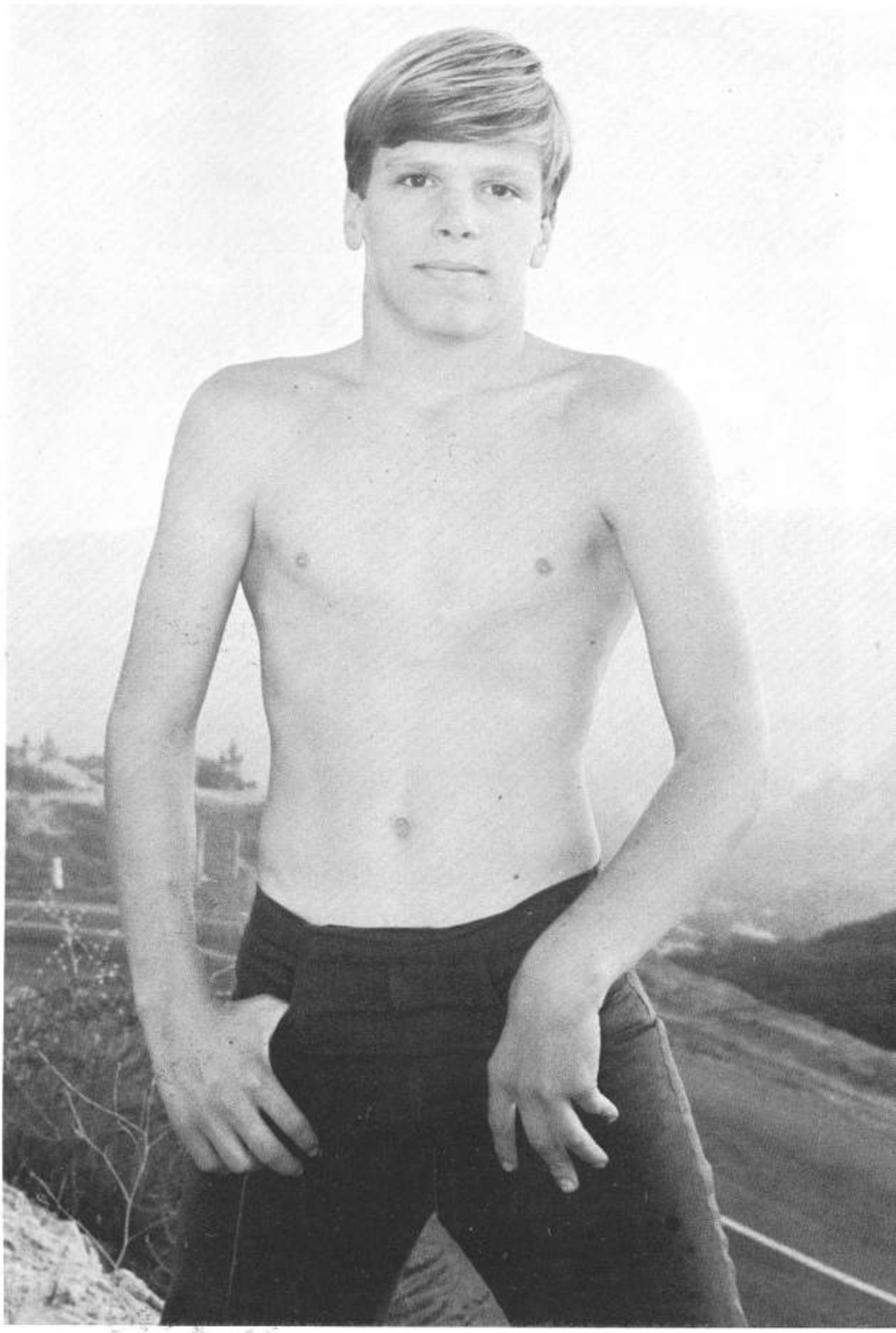
ACCENT ON YOUTH

In California, where outdoor life is as much a part of living as eating and sleeping, youngsters reflect the healthy glow through their lithe, tanned bodies and clean-cut appearance. Mel Roberts has captured a few of these young men in photographs and presents them herewith. Among this group is Robbie Svenson. One of the most popular of all Mel's models, 16 year old Robbie, like the other young men pictured here, is active in water sports, dancing, sport cars, and the many other regional activities.

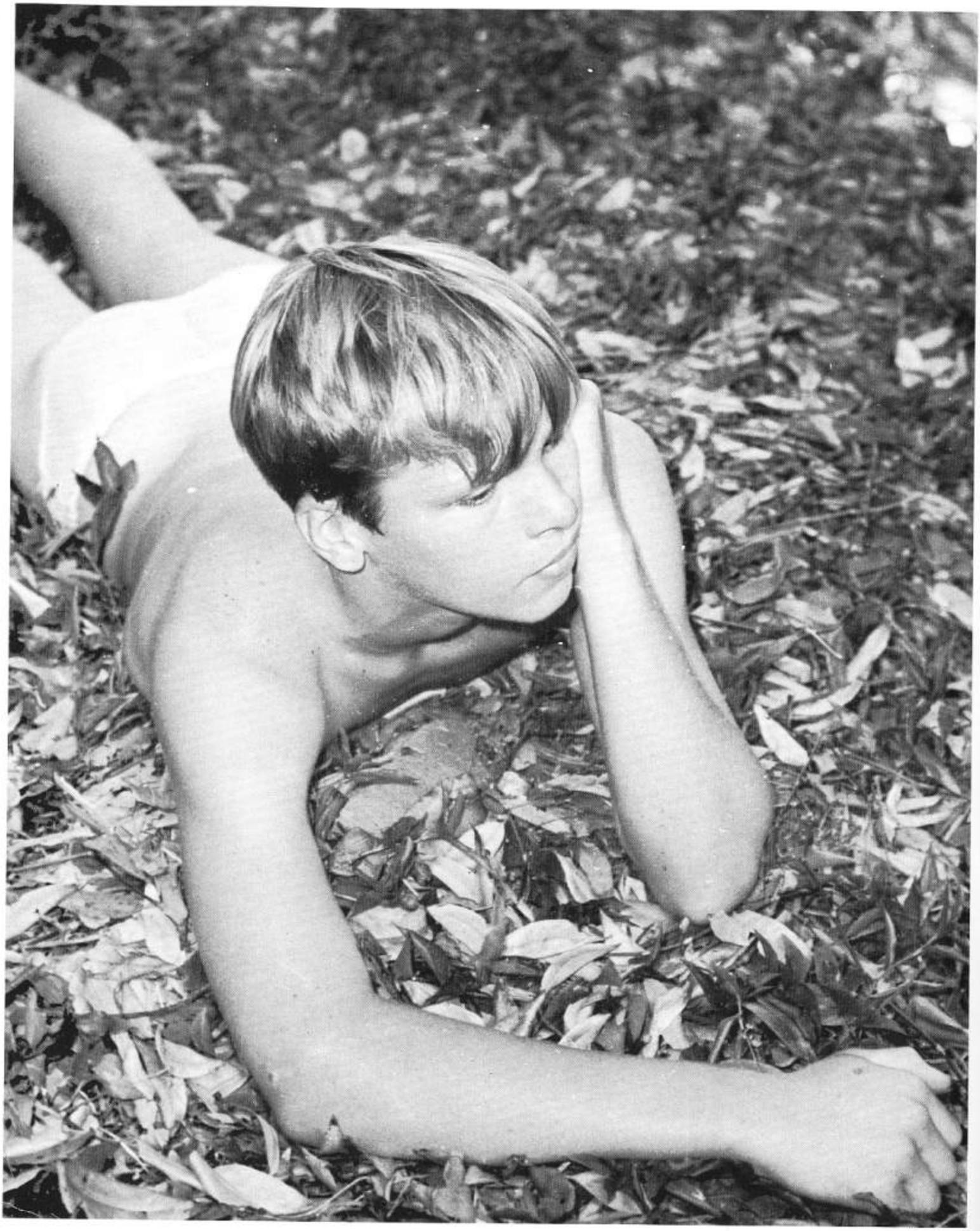
Also a beach addict, Dusty Adams, 19 year old college student, frequents the teen-age night clubs prominent on the Sunset Strip in Hollywood.

Bryan Sawyer, handsome, blonde 16 year old, when not participating in high school gymnastic contests, can be found tinkering on custom sports cars — a field in which he hopes to specialize upon graduation.

Finally, one of Mel's newer young models, 16 year old Shannon Conrad, considers himself a top surfer in the Southern California area, and can "hang ten" with the best of them.



ROBBIE SVENSON

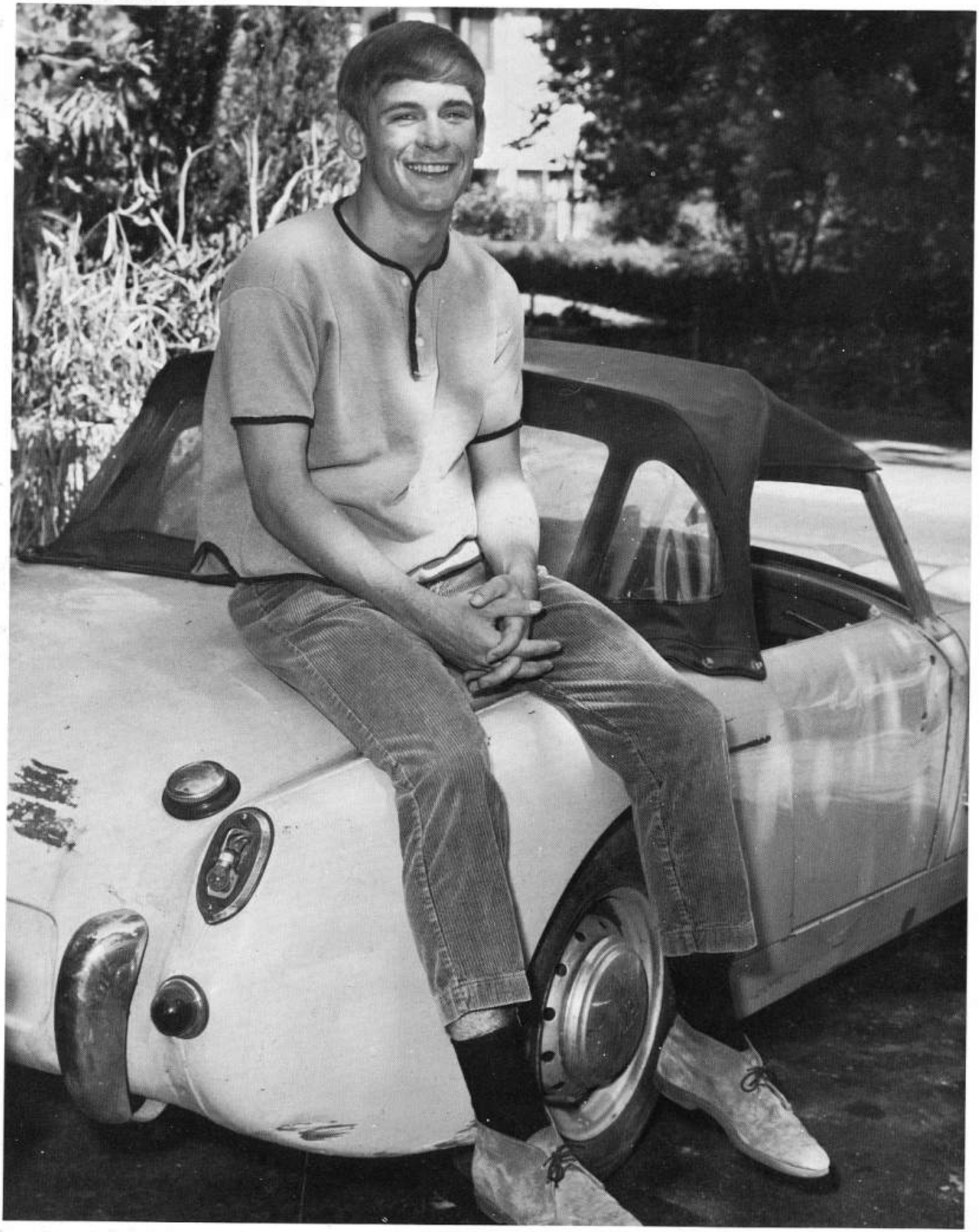


ROBBIE SVENSON

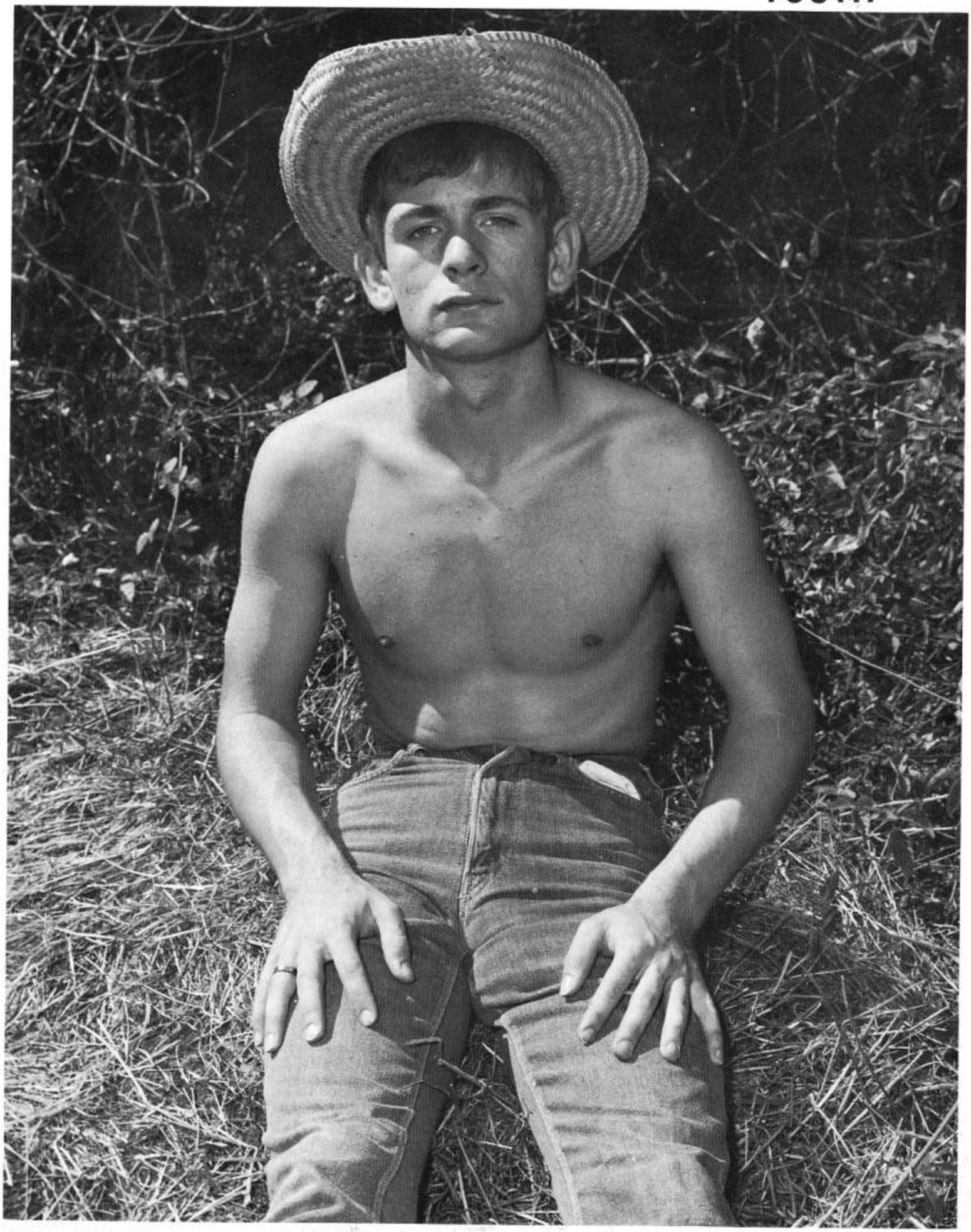
ROBBIE SVENSON

DUSTY ADAMS

DUSTY ADAMS

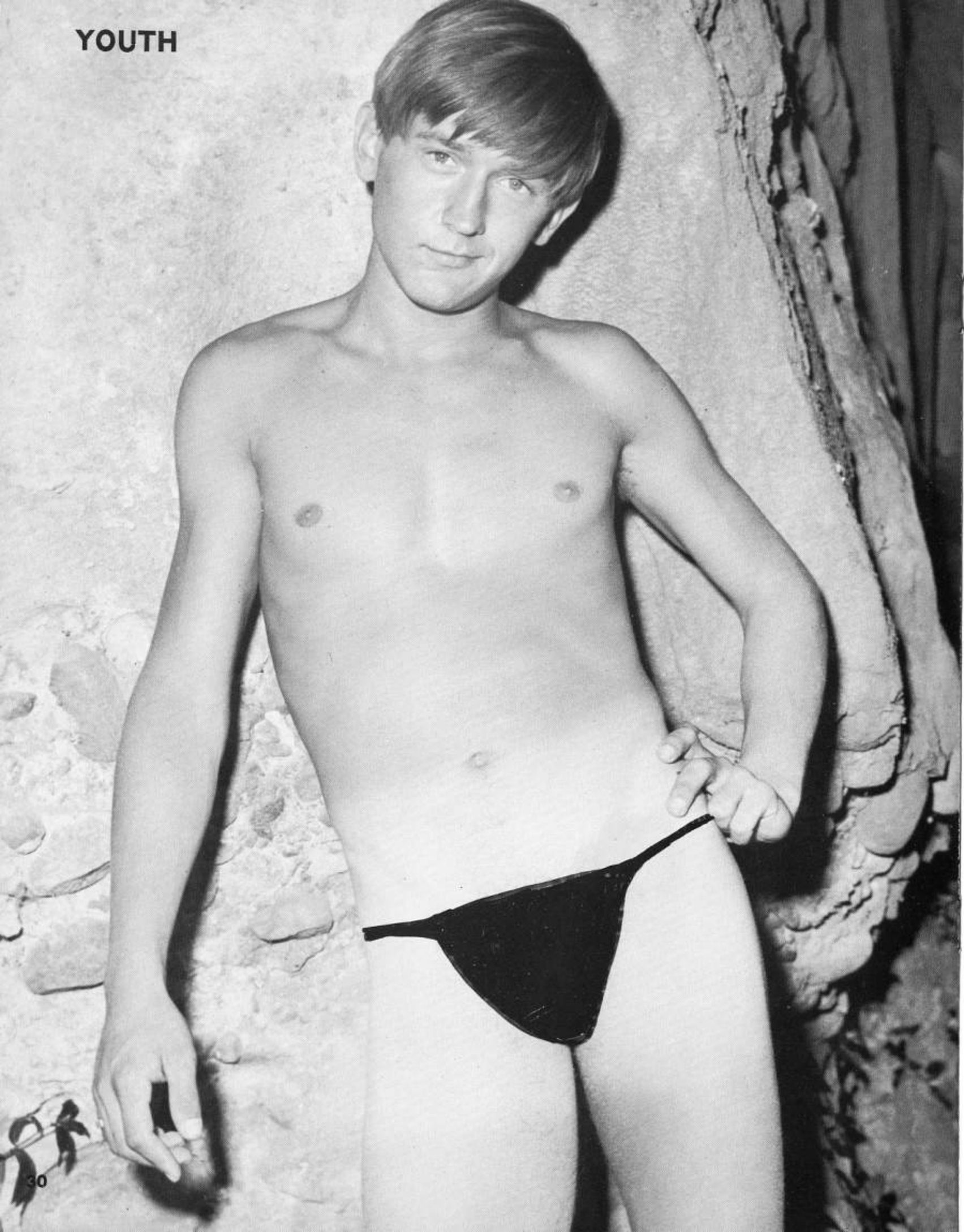


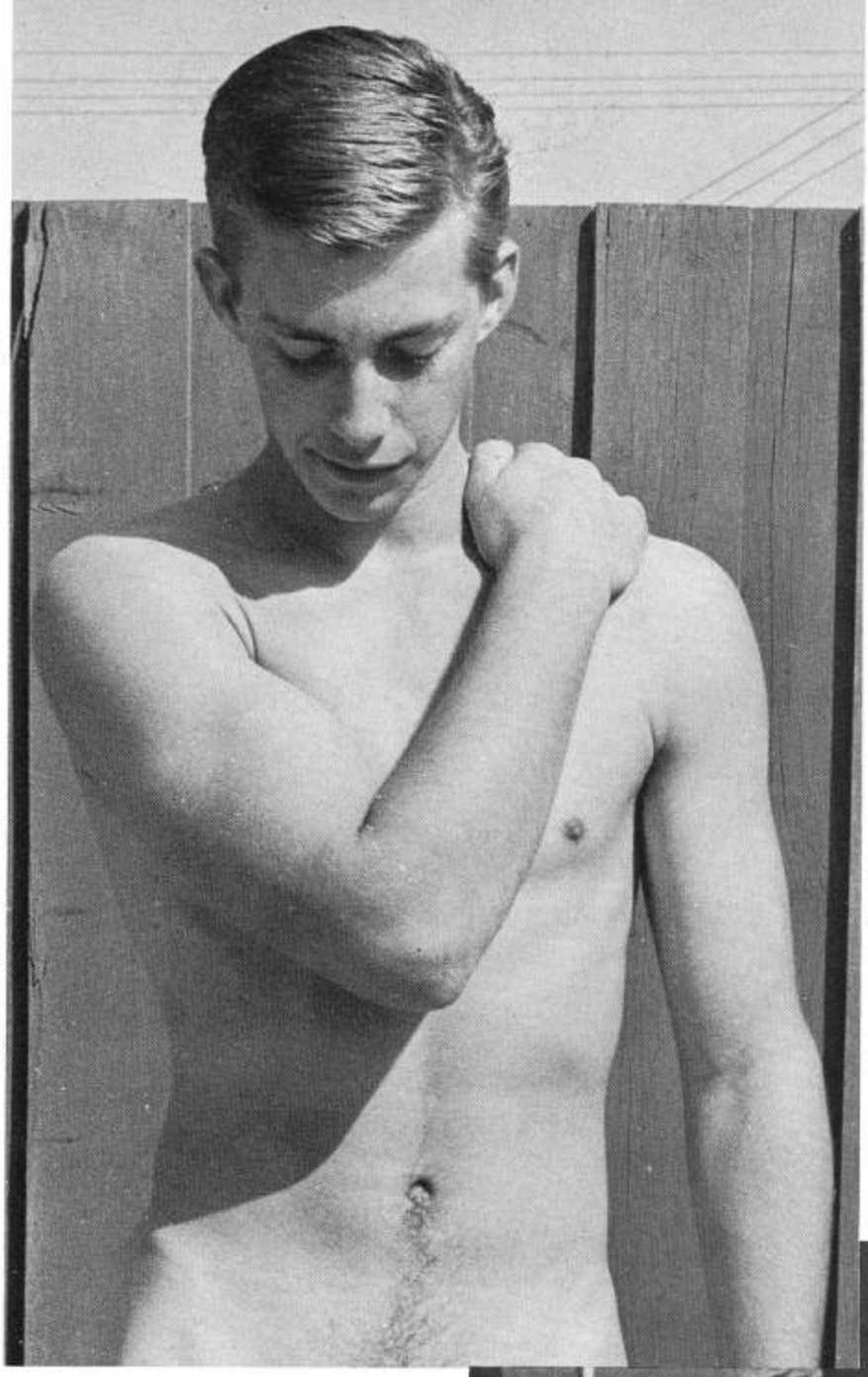
SHANNON CONRAD



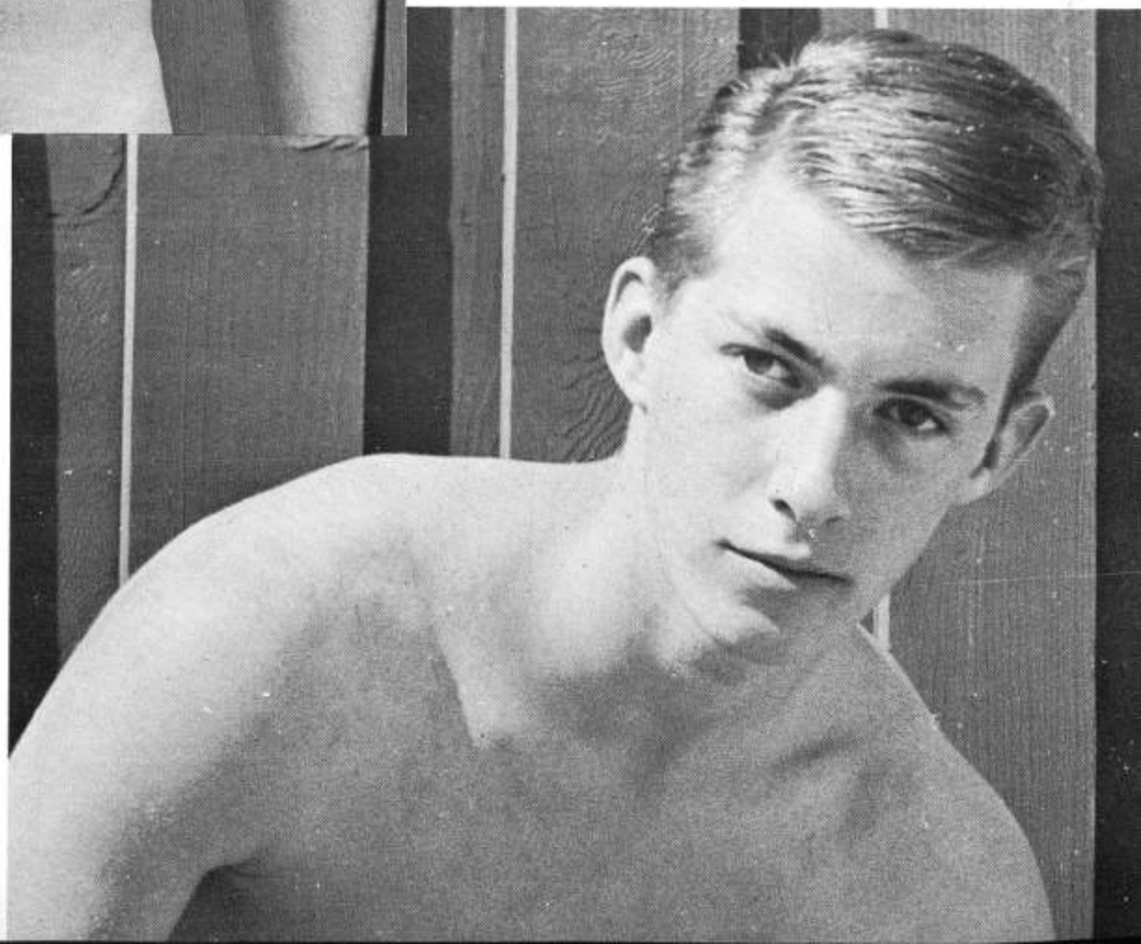
SHANNON CONRAD

SHANNON
CONRAD

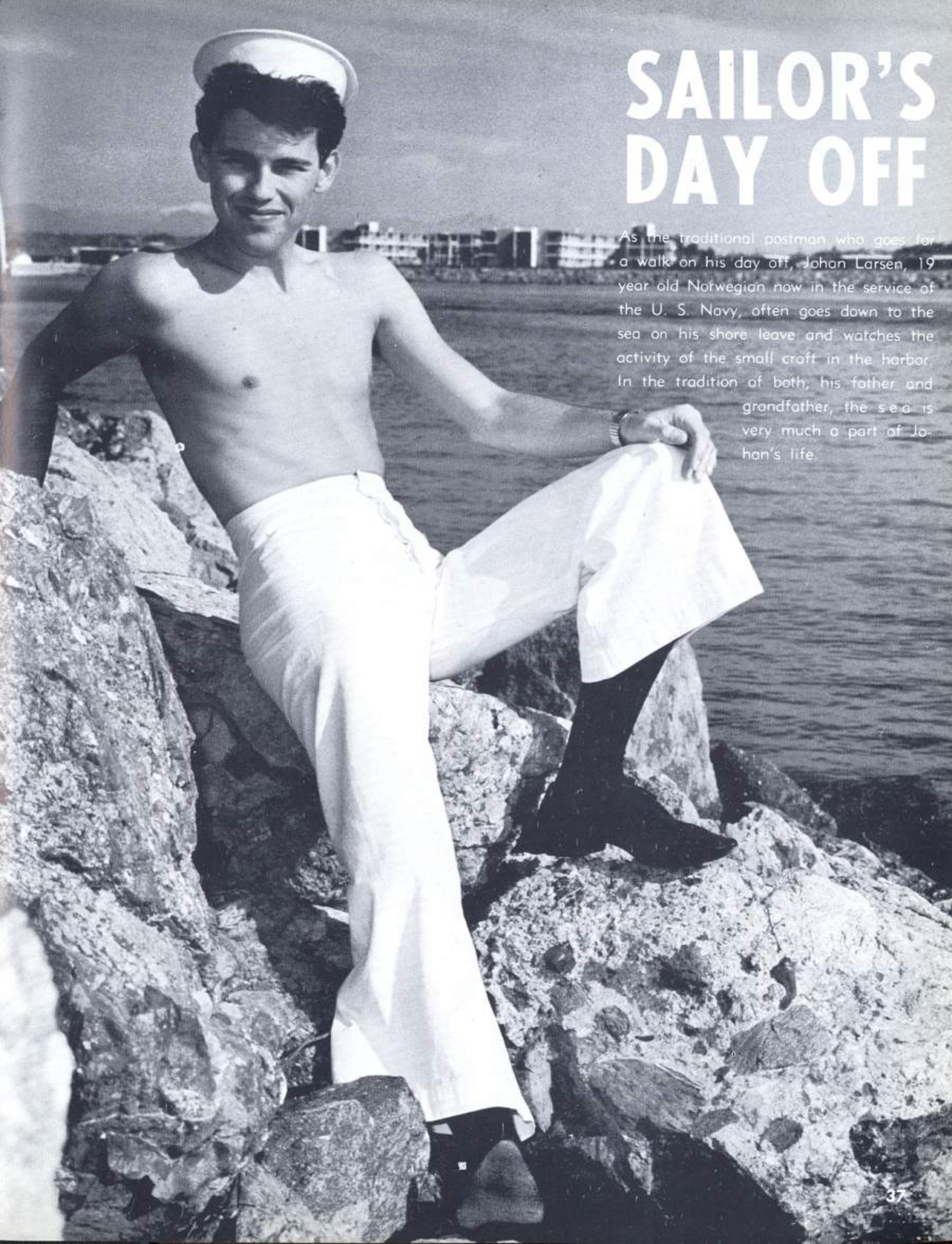




BRYAN SAWYER

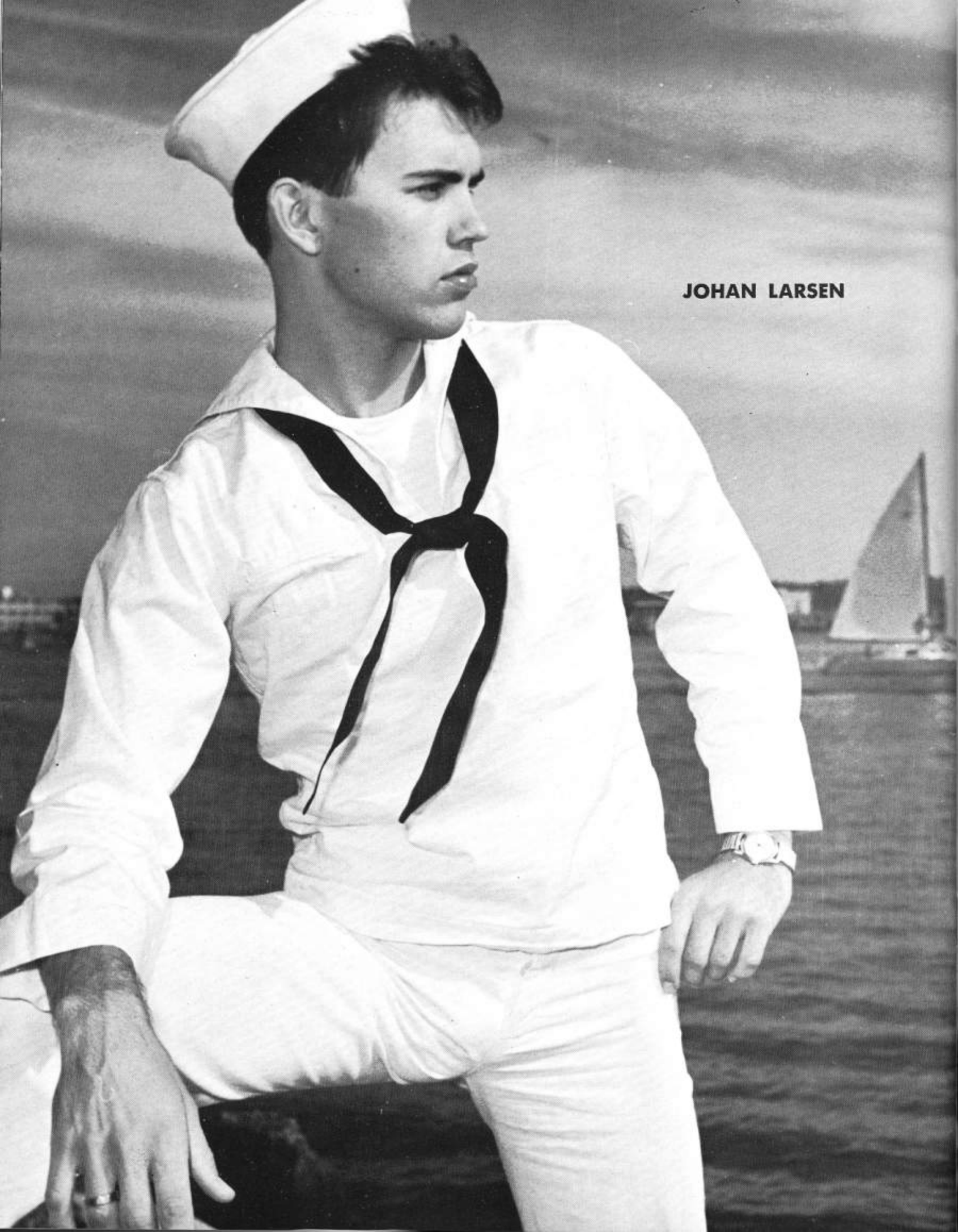


JOHAN LARSEN

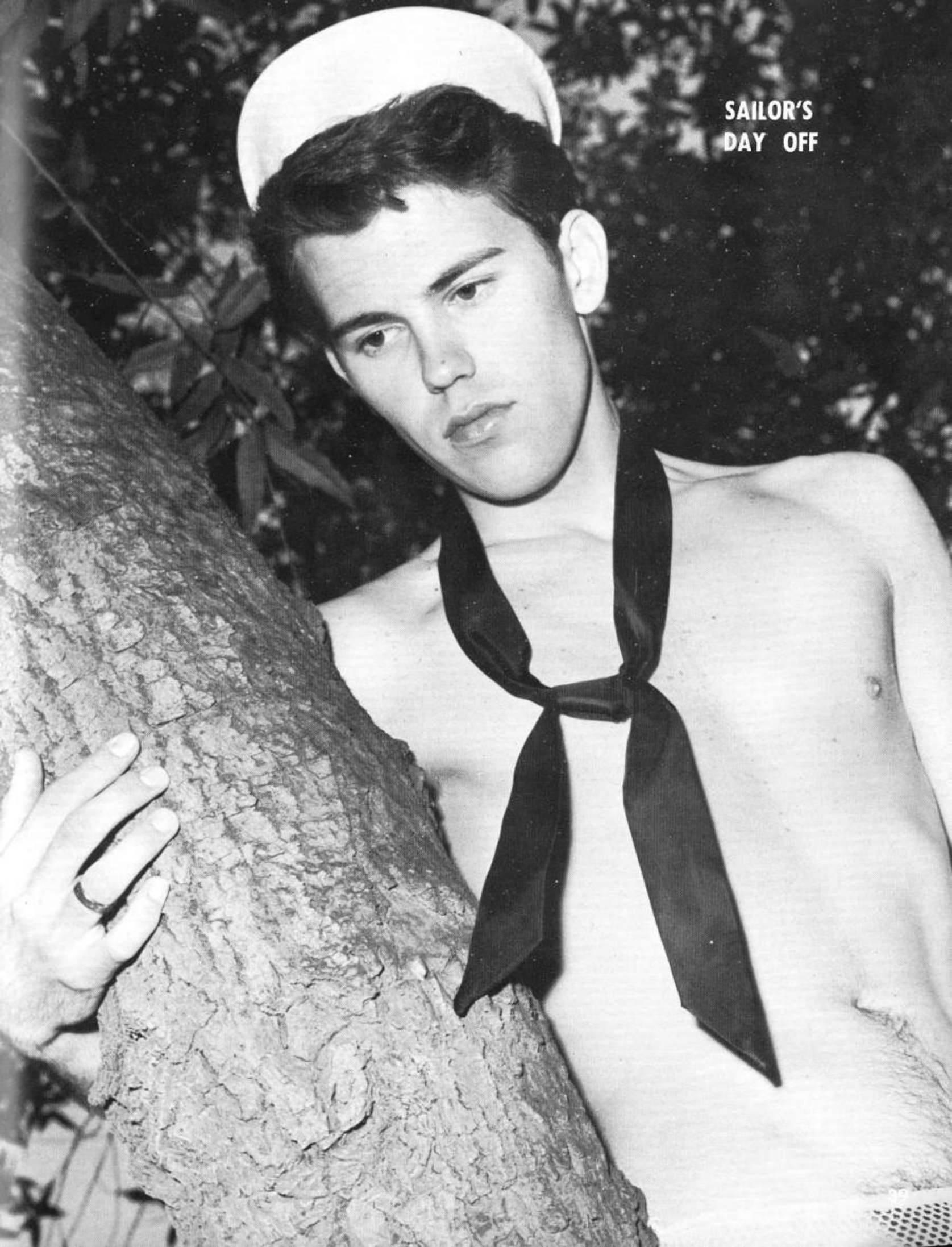


SAILOR'S DAY OFF

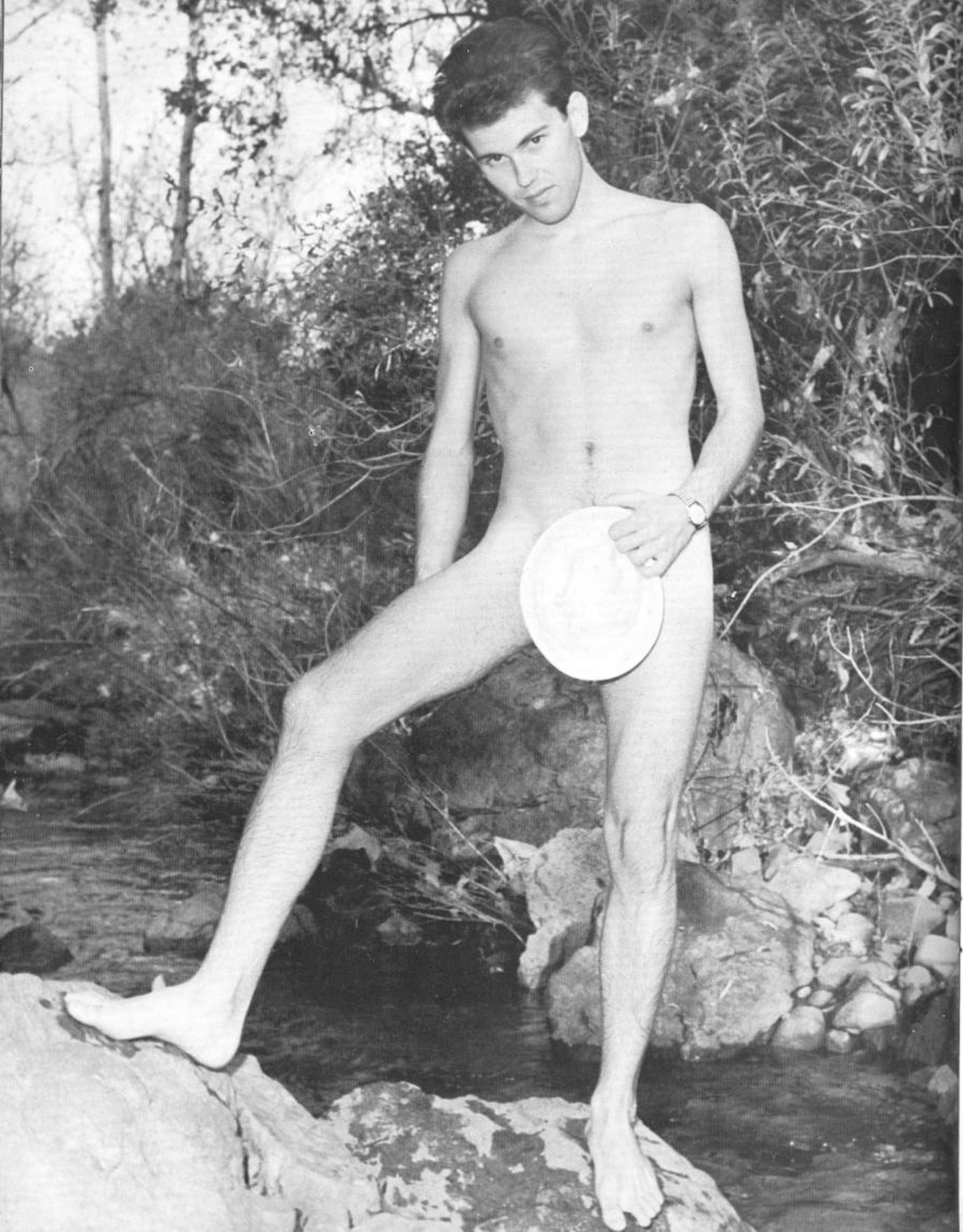
As the traditional postman who goes for a walk on his day off, Johan Larsen, 19 year old Norwegian now in the service of the U. S. Navy, often goes down to the sea on his shore leave and watches the activity of the small craft in the harbor. In the tradition of both, his father and grandfather, the sea is very much a part of Johan's life.



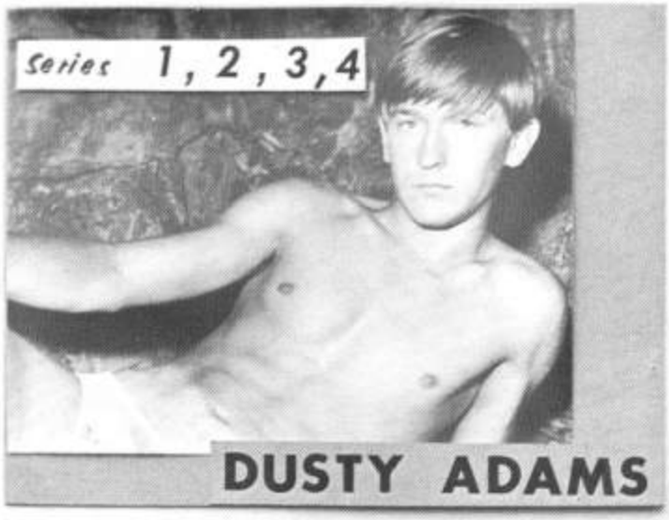
JOHAN LARSEN

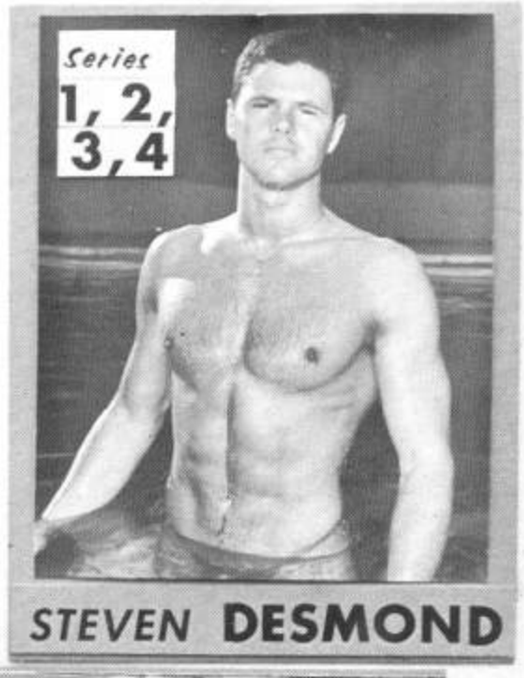


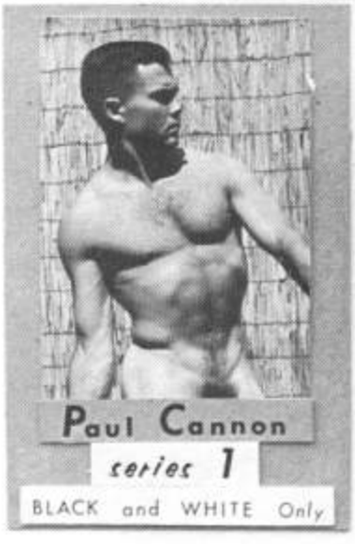
SAILOR'S
DAY OFF

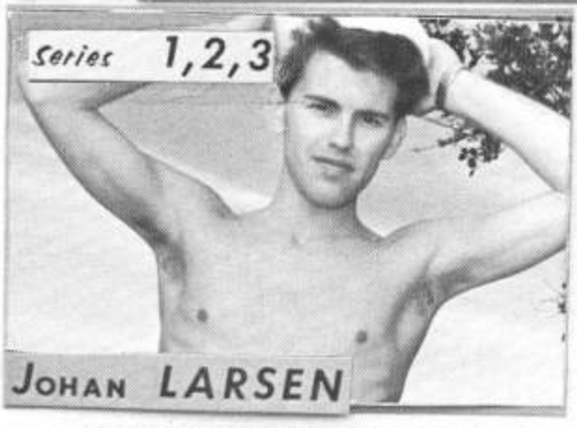


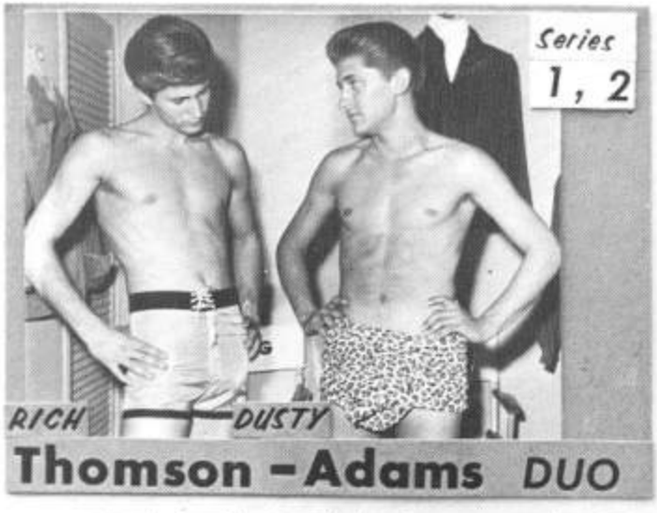
OUTSTANDING YOUNG MODELS
...in color & black and white











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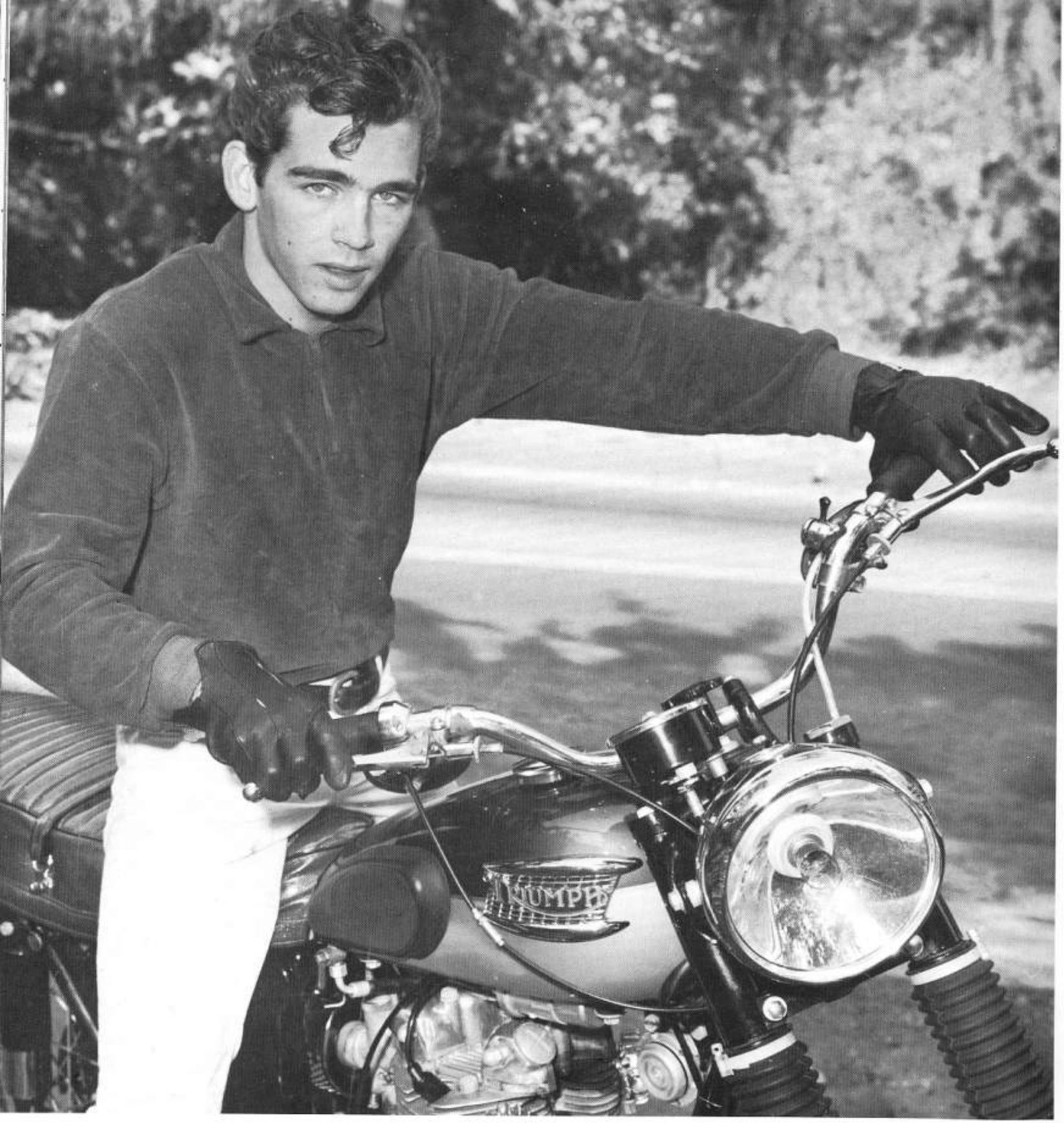
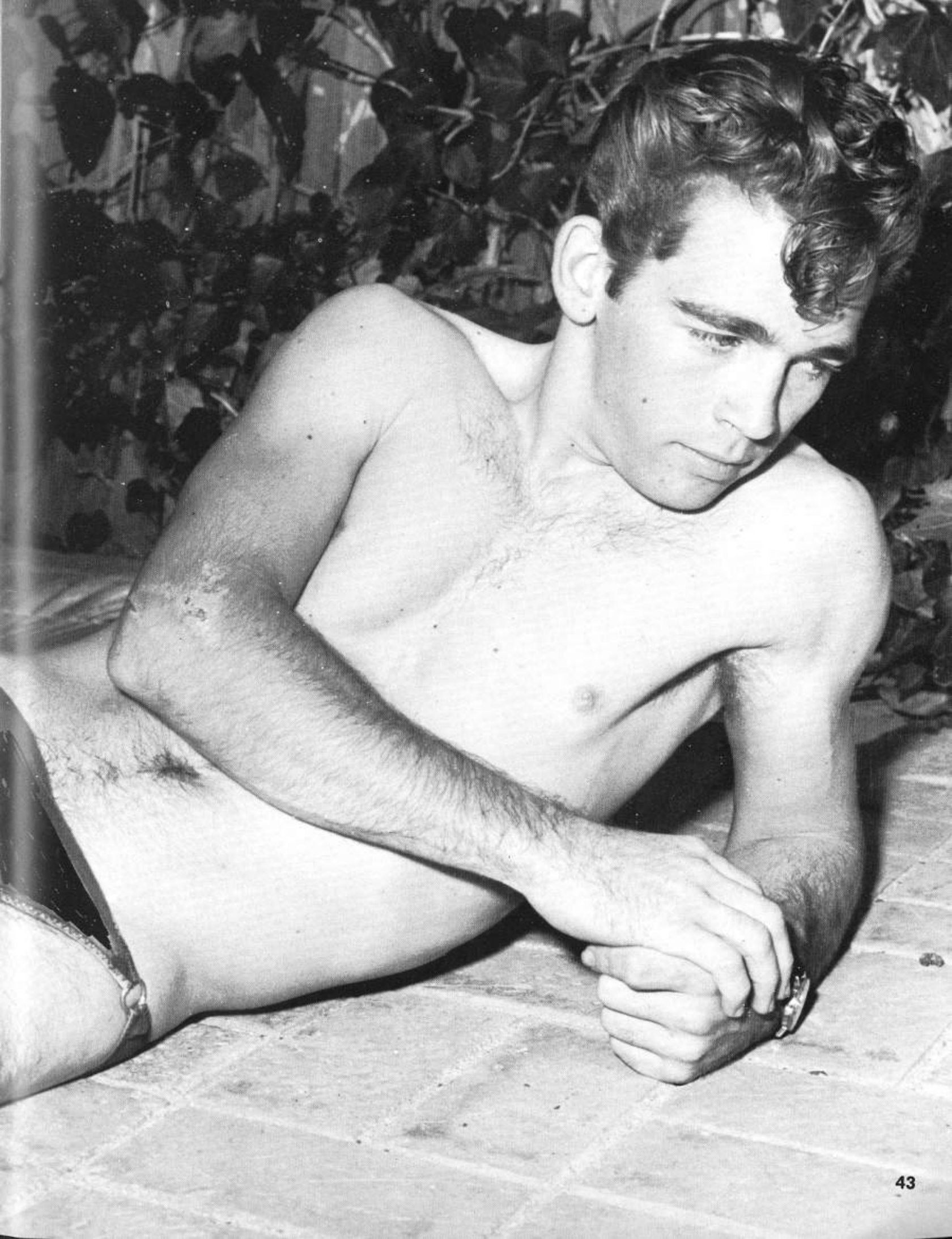


BOY WITH A BIKE

Jack Sorrentino, another new addition to the Mel Roberts catalog, would rather ride his motorcycle than eat and sleep. It required considerable persuasion to get this handsome 21 year old off his cycle long enough to made additional photographs. Here are some results of that inducement.



MUSCLES GALORE

Each of the young men pictured here has worked long and hard to achieve the kind of bodily perfection that others envy. In this portfolio are pictured five of the most popular of the Mel Roberts builties.

Gary Seegar, 21, demonstrates a fine chest and abdominal development achieved through manual construction work and long workouts at the gym.

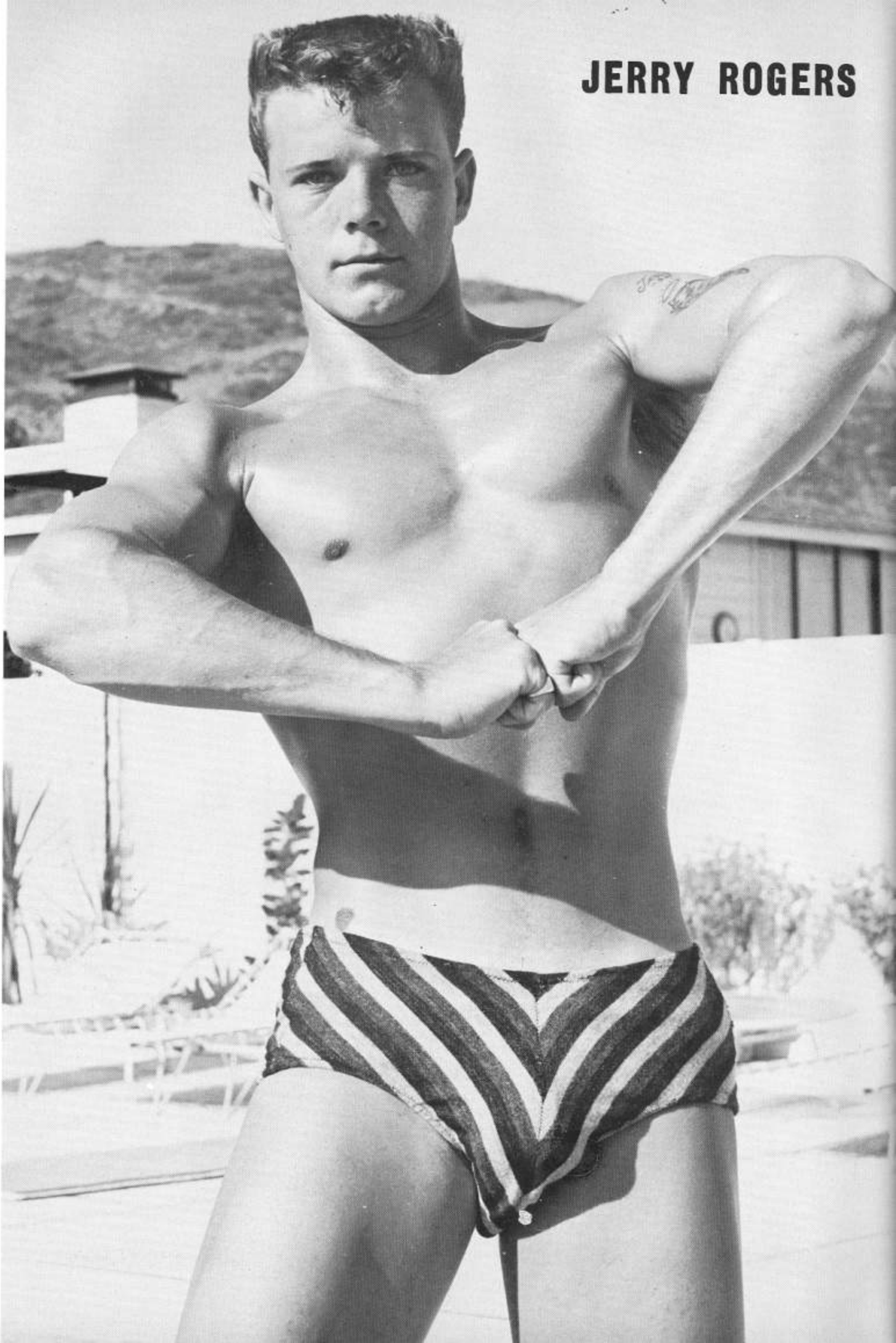
Jerry Rogers has been working out regularly with weights for over three years, both in and out of the Navy.

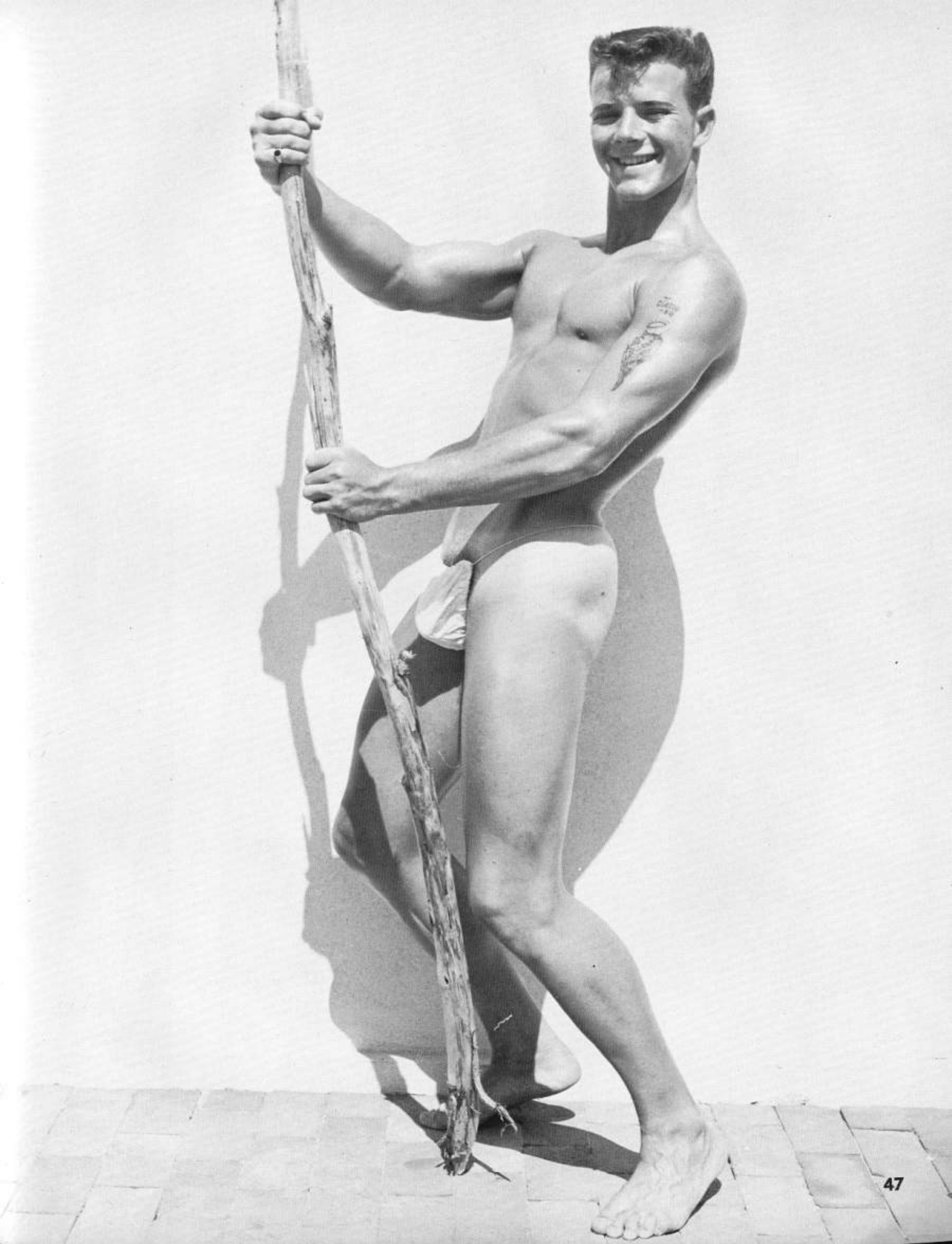
Dick Winters attributes his excellent pectoral definition to workouts at his nearby gym as well as his garage gymnasium.

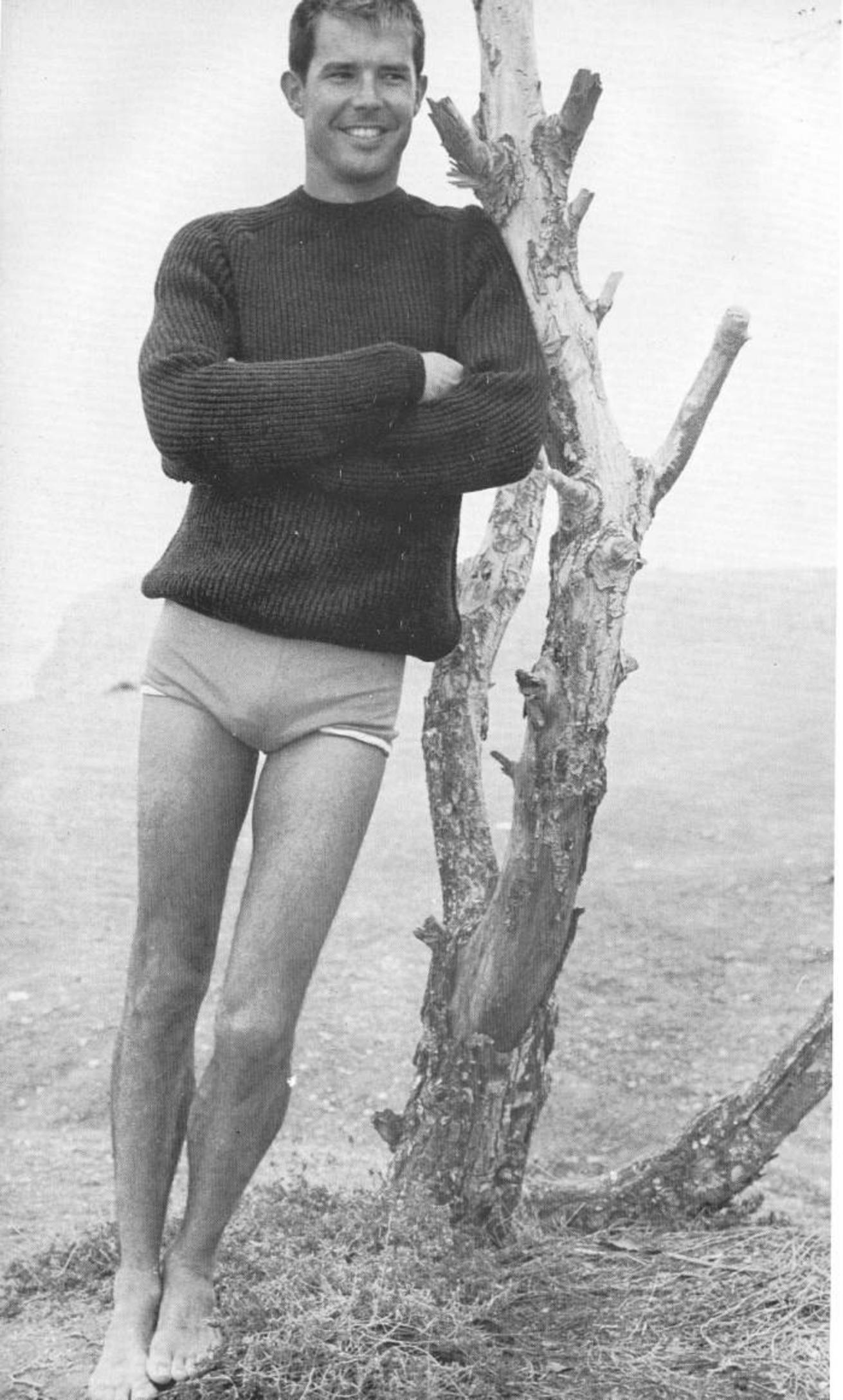
Another Gary, of Brandenburg fame, displays his contest-winning physique, a product of over eight years of constant application and dedication.

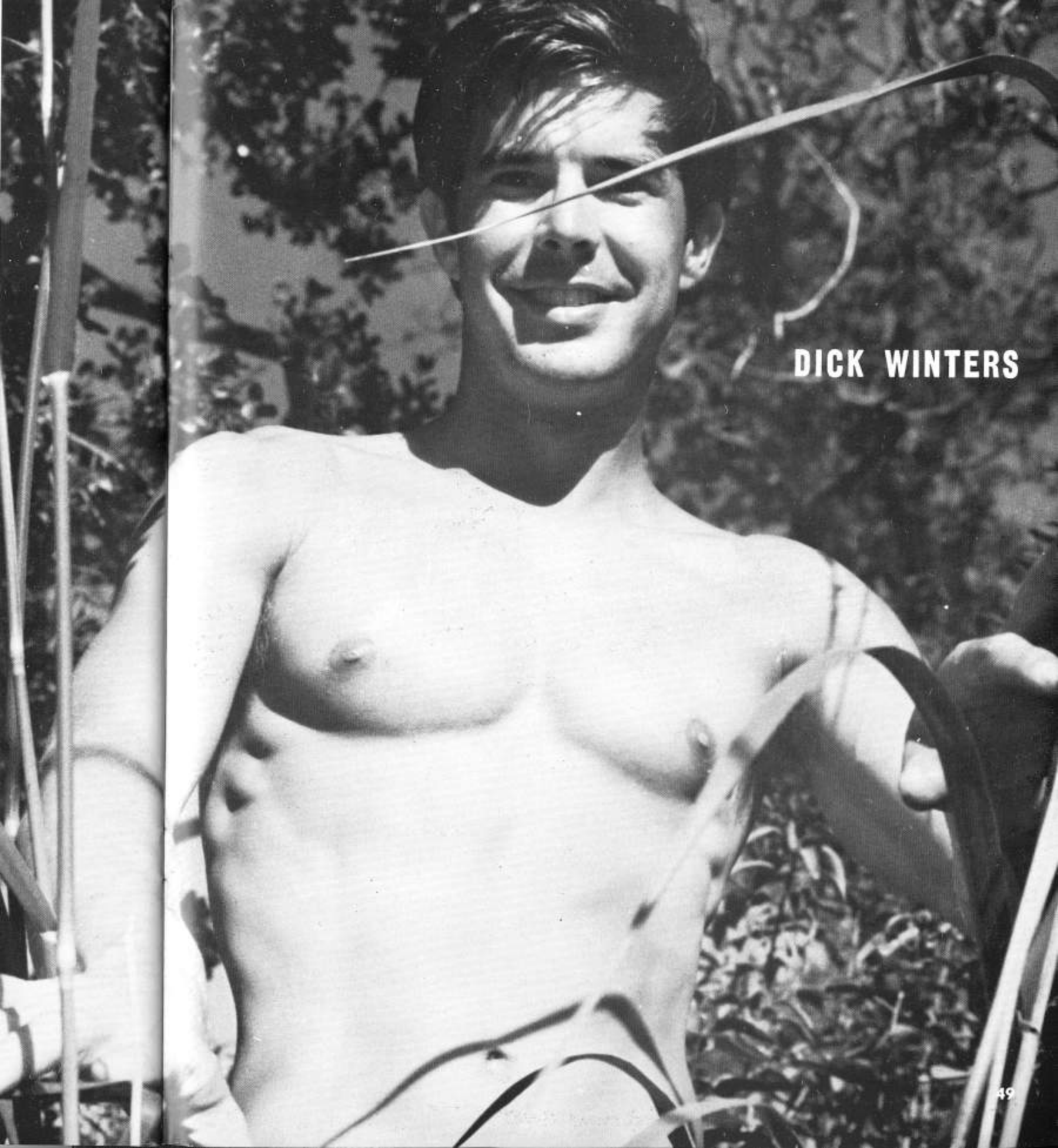
Finally, 20 year old Mike Kelley balances his gym workouts with careful diet to achieve almost perfect symmetry.

GARY SEEGAR


JERRY ROGERS



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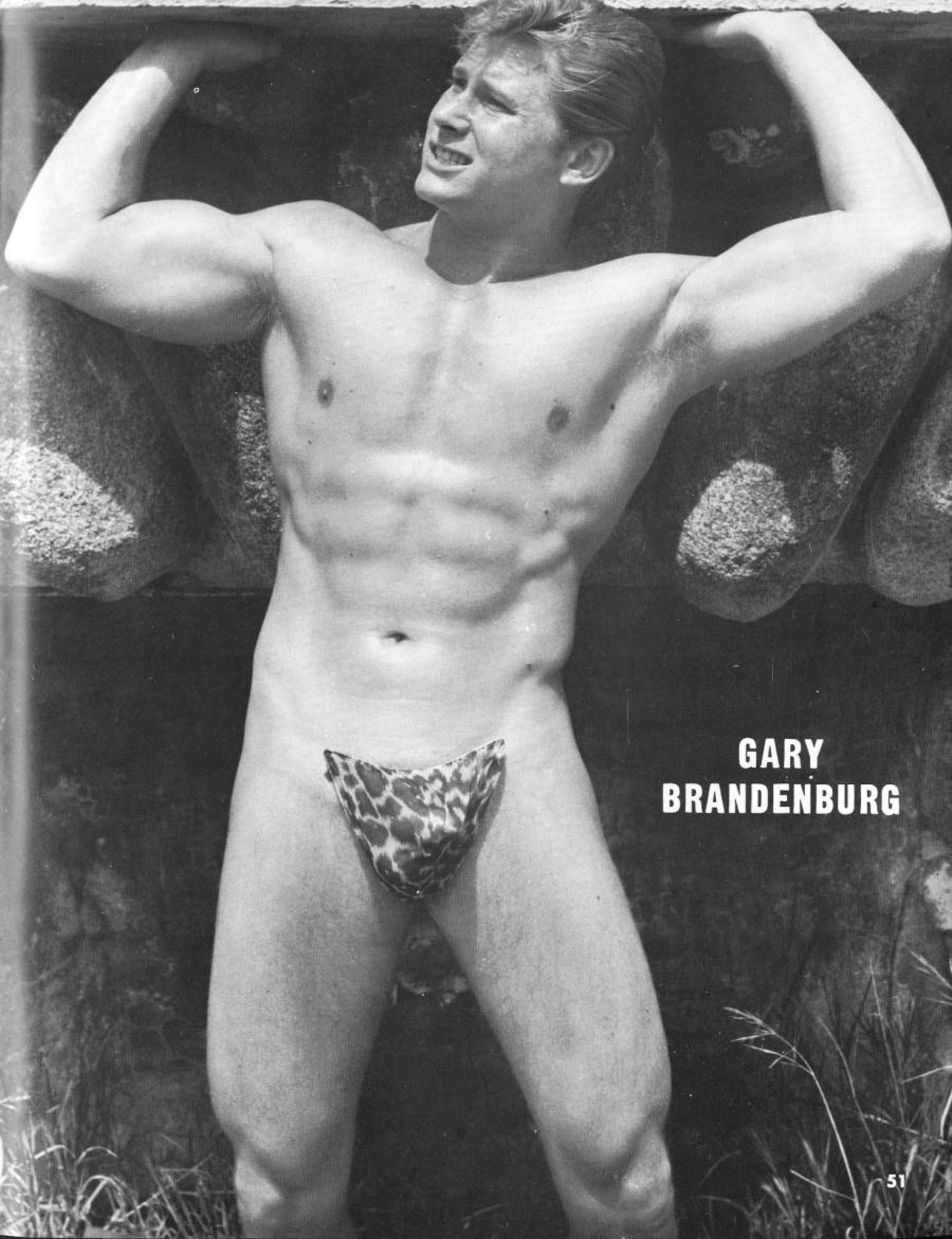
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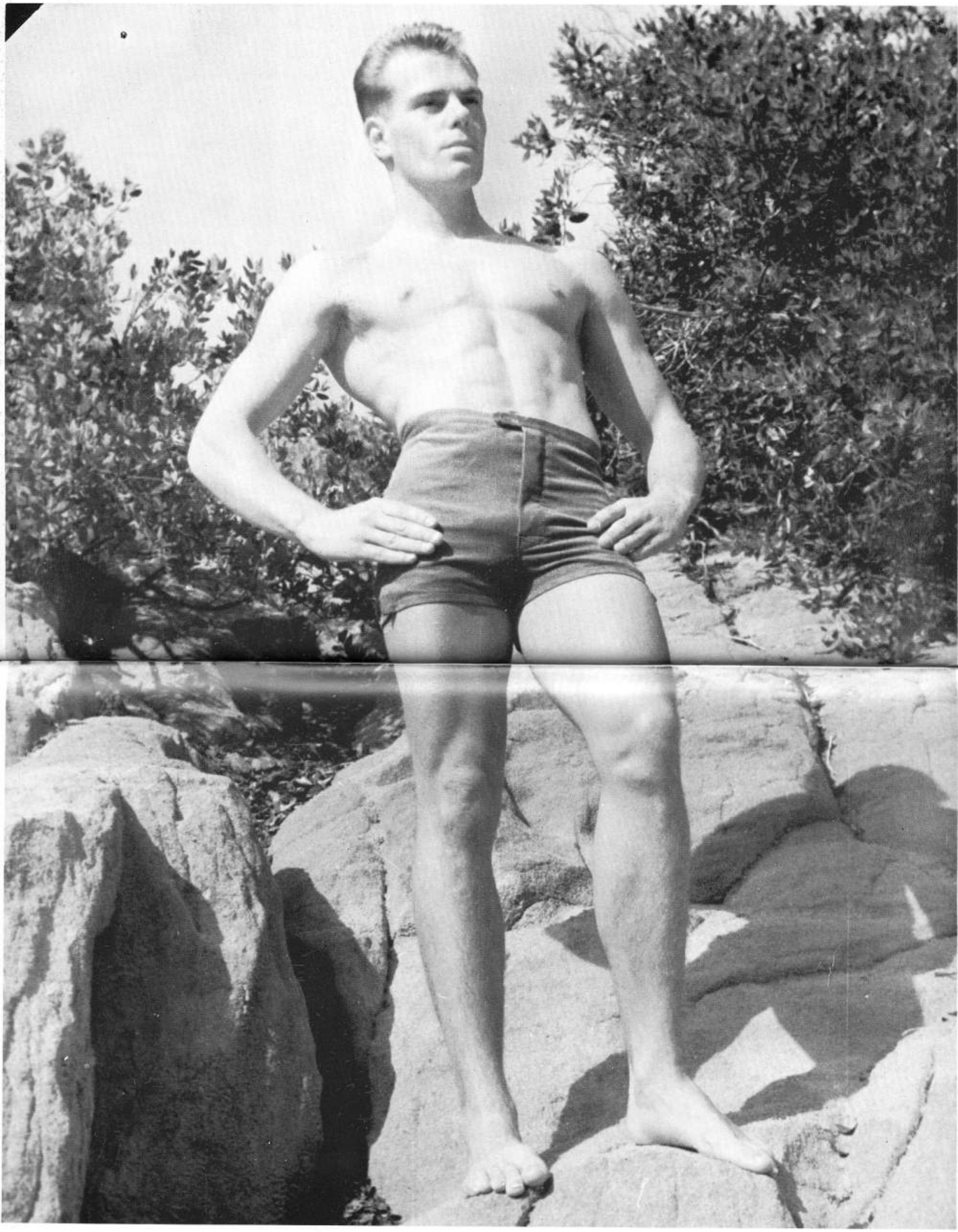

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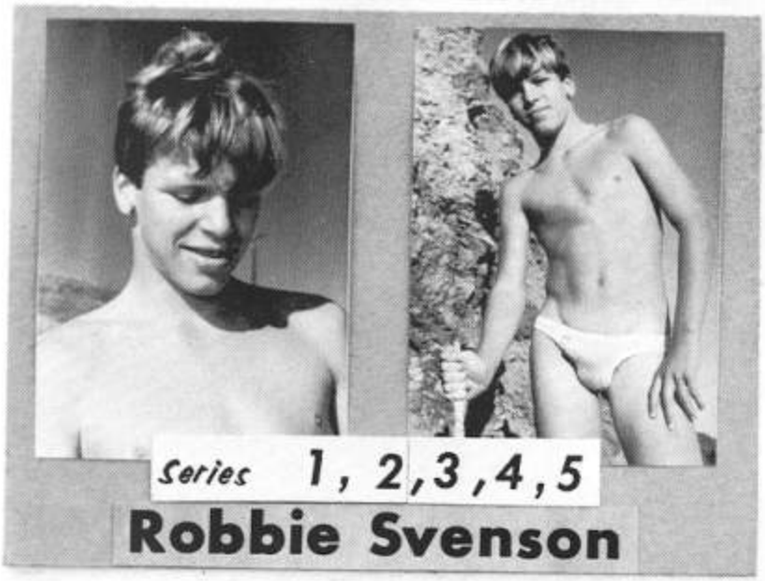

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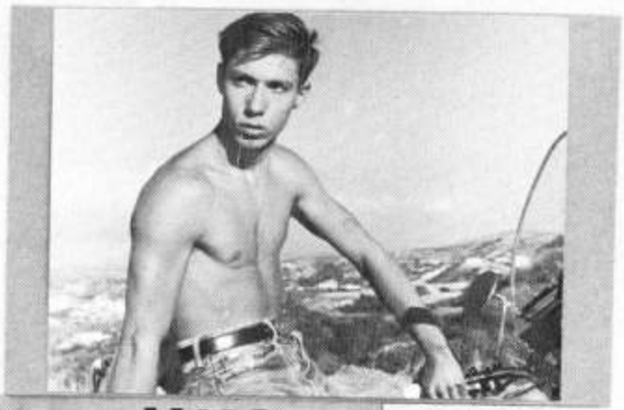

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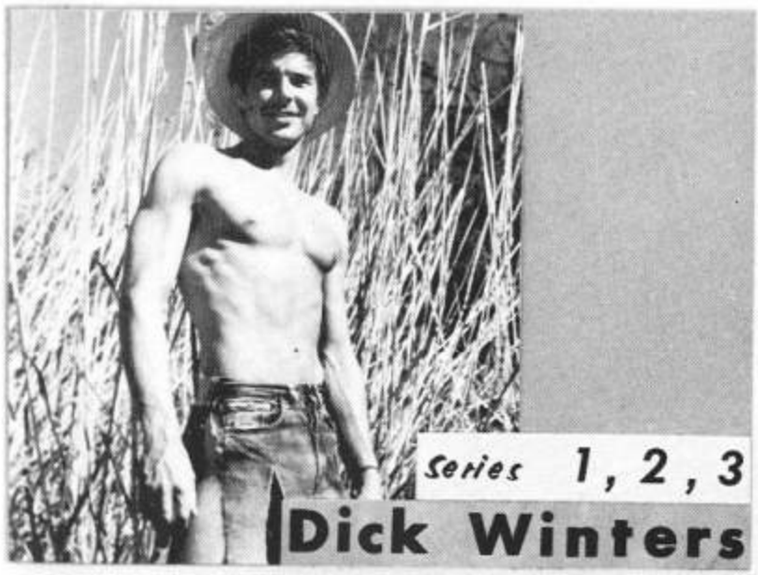

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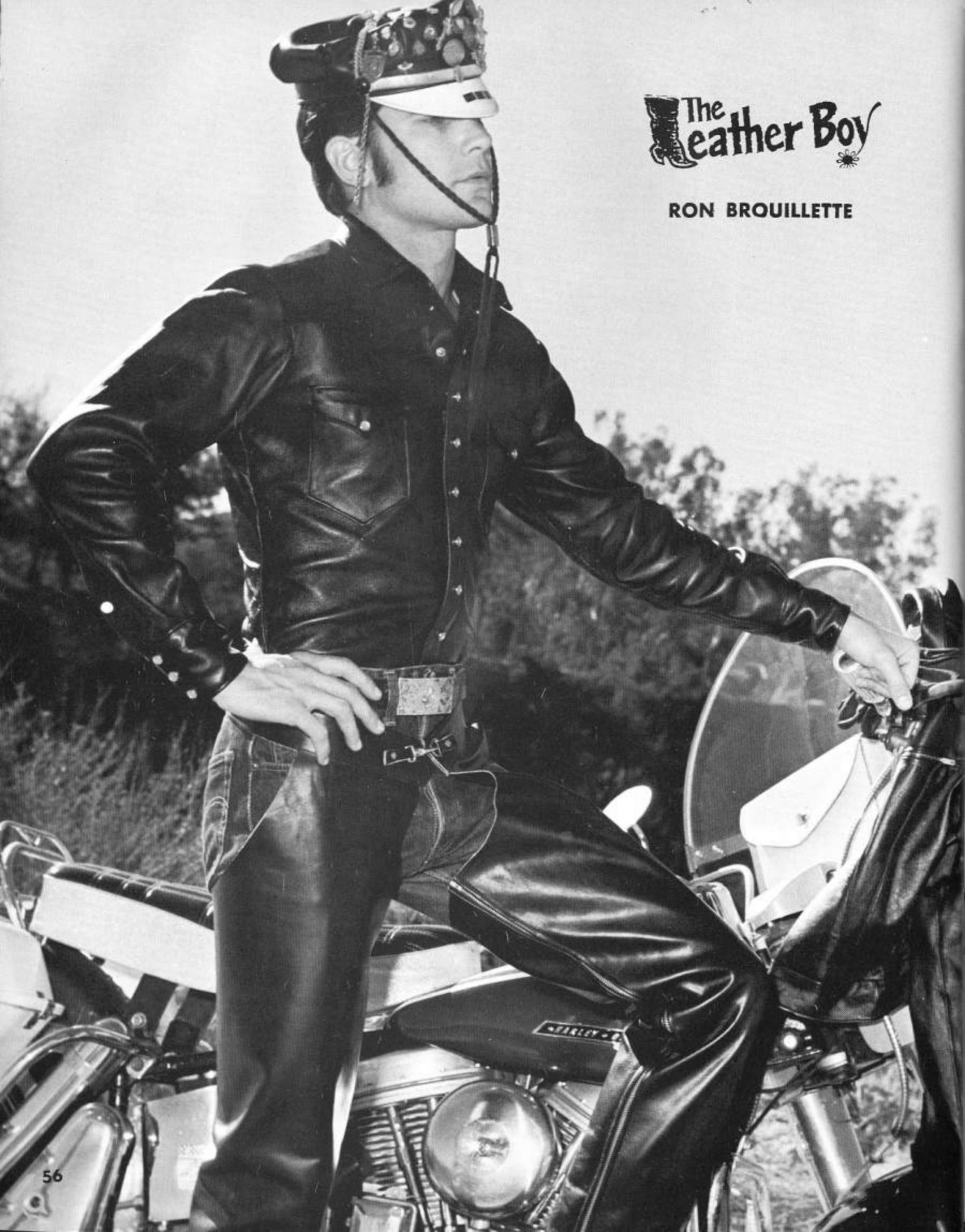
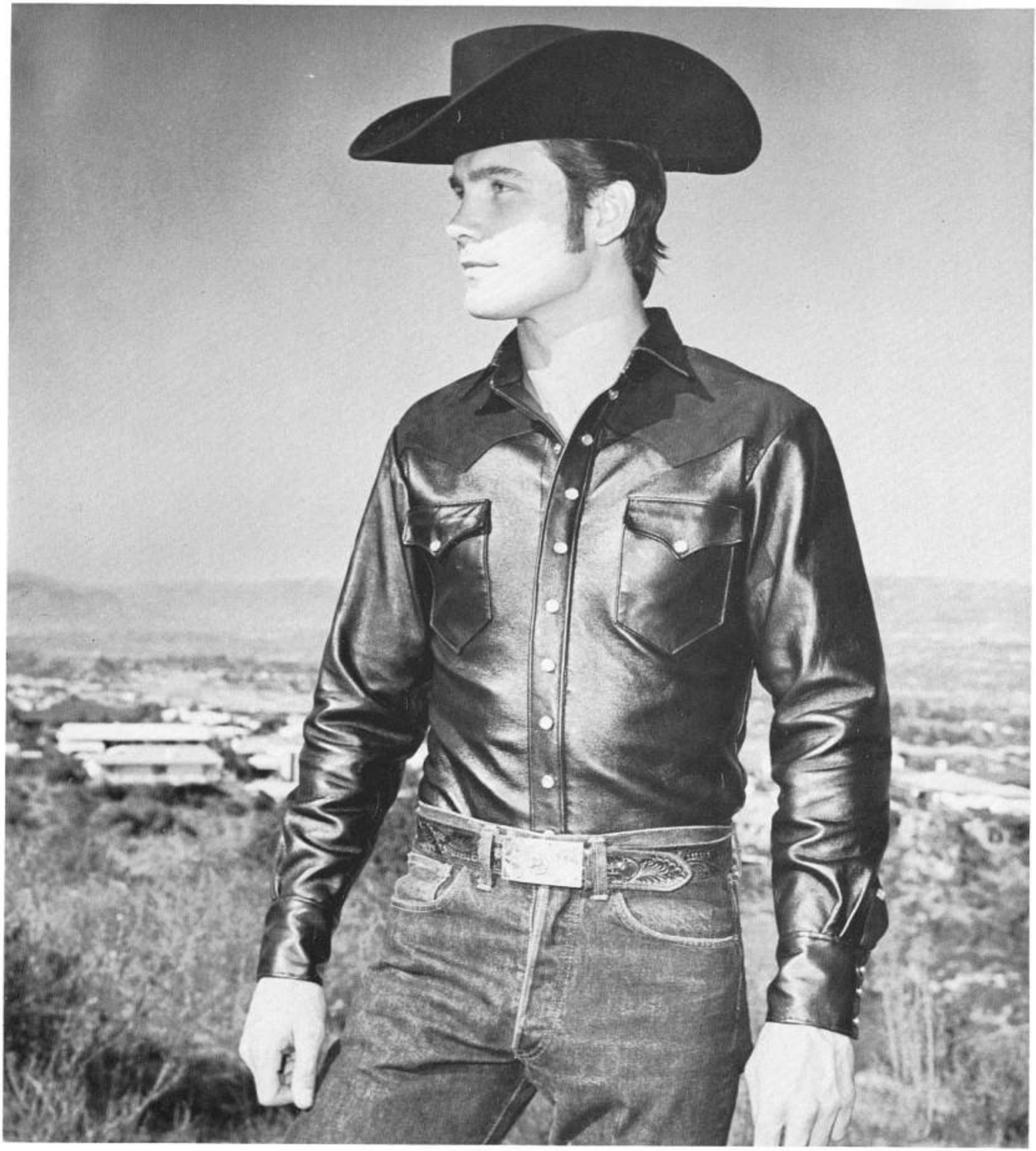


The Leather Boy

RON BROUILLETTE



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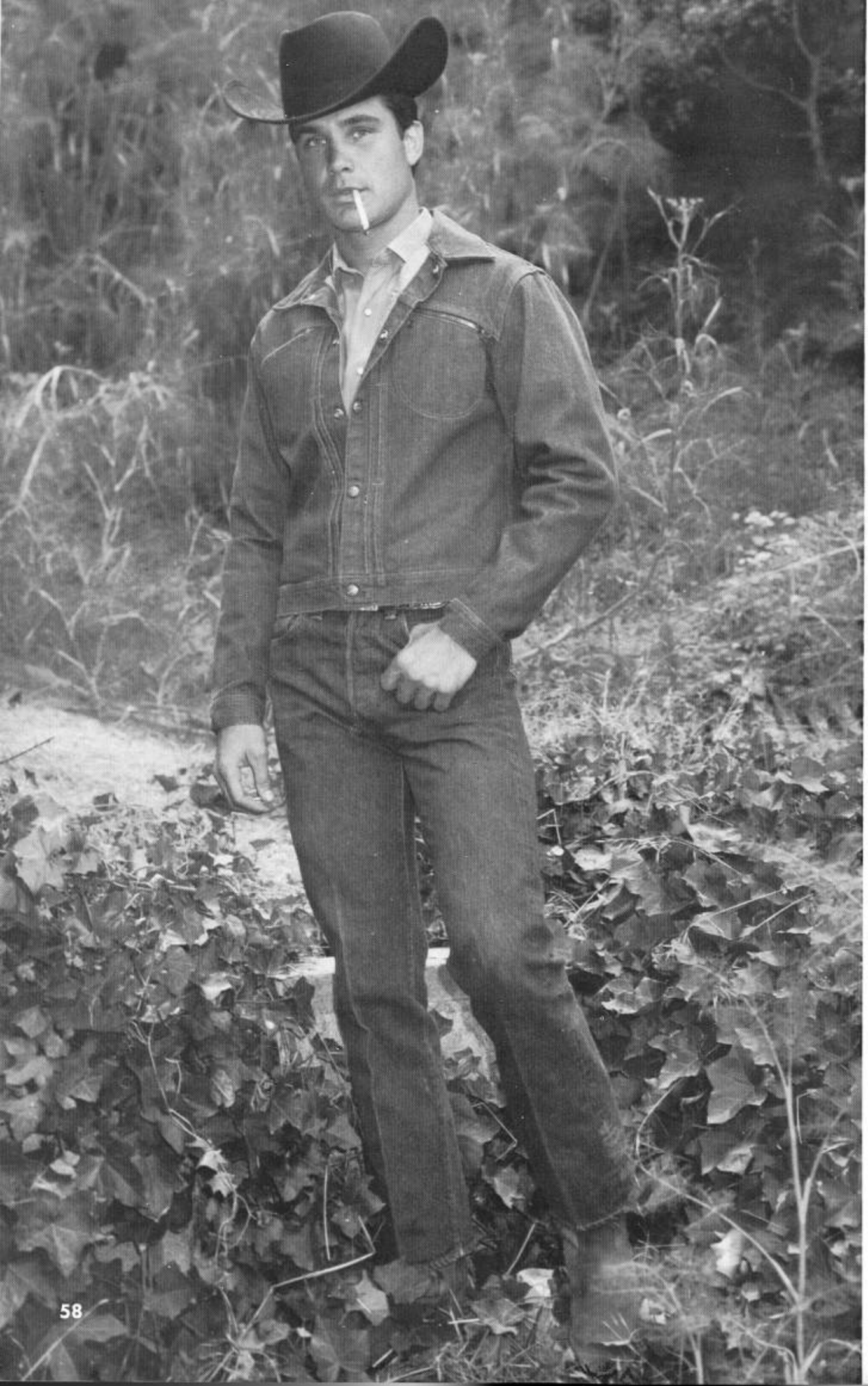

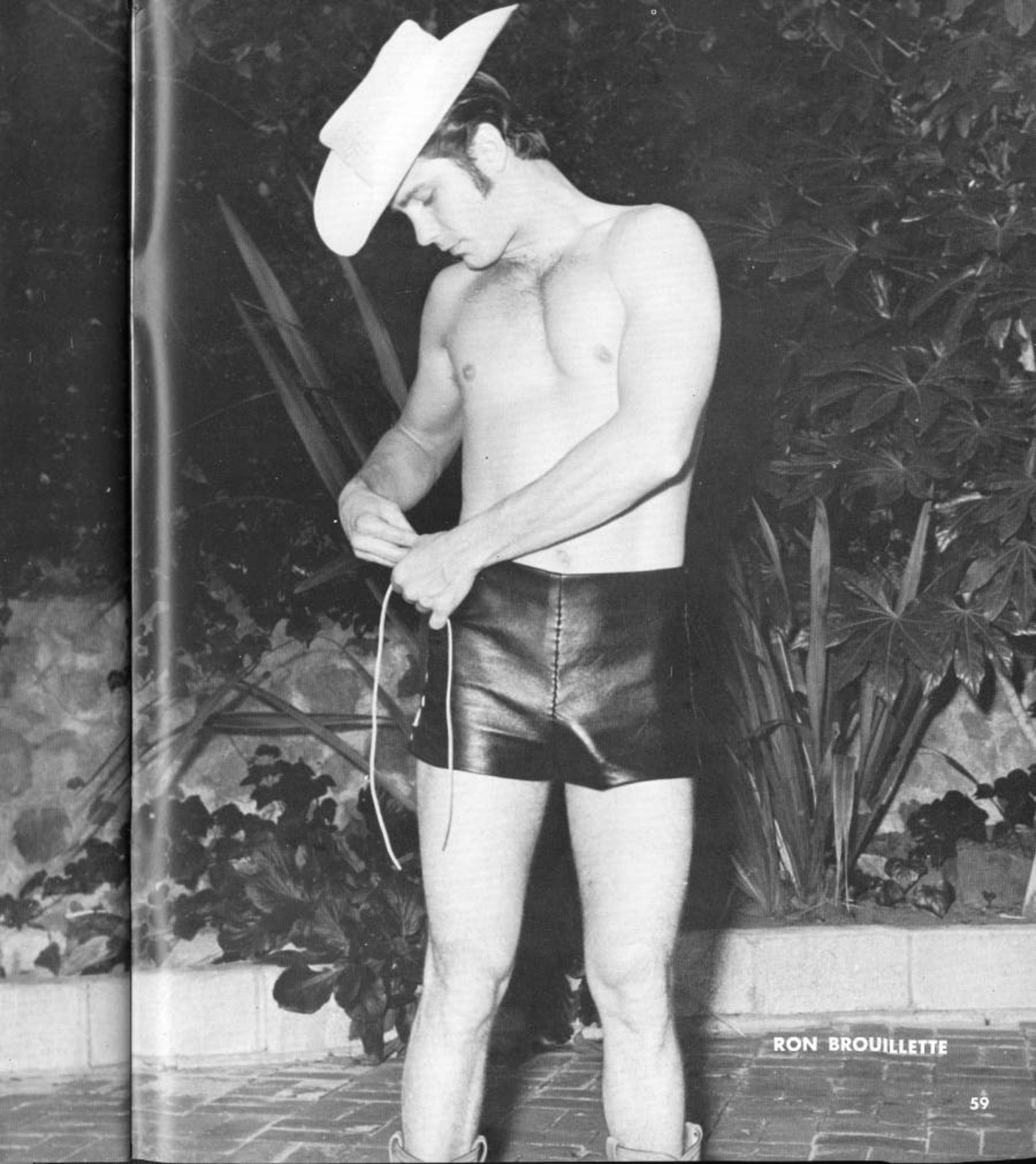

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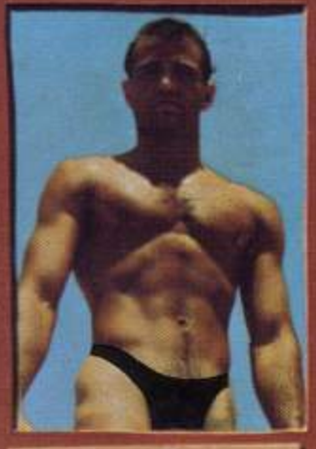

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